

Pumpkin & Veggie Red Curry with Roasted Cashews & Jasmine Rice







Butternut Pumpkin







Carrot











Coconut Milk



Vegetable Stock



Coriander



Roasted Cashews





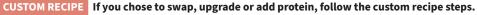






You'll have no problems getting your veggies in with this creamy, cracking curry. The only way to improve it? Sprinkle with cashews for some crunch. Tick!







Pantry items

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

-		
	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
Thai red curry paste	½ tin	1 tin
coconut milk	1 large tin	2 large tins
vegetable stock powder	½ medium sachet	1 medium sachet
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
coriander	1 bag	1 bag
roasted cashews	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3957kJ (946Cal)	541kJ (129Cal)
Protein (g)	15g	2.1g
Fat, total (g)	50.5g	6.9g
- saturated (g)	32.9g	4.5g
Carbohydrate (g)	99.7g	13.6g
- sugars (g)	23.8g	13.6g
Sodium (mg)	1459mg	200mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kj)	4659kJ (1113Cal)	520kJ (124Cal)
Protein (g)	47.3g	5.3g
Fat, total (g)	55.3g	6.2g
- saturated (g)	34.5g	3.9g
Carbohydrate (g)	100.1g	11.2g
- sugars (g)	21g	2.3g
Sodium (mg)	1551mg	173mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the pumpkin

Preheat the oven to 220°C/200°C fan-forced. Cut the **pumpkin** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly and roast until tender, 20-25 minutes.

TIP: Peel the pumpkin if you prefer!
TIP: If your oven tray is crowded, divide the pumpkin between two trays.



Cook the rice

While the pumpkin is roasting, add the **water** and a generous pinch of **salt** to a medium saucepan. Bring to the boil, then add the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat. Keep covered until the rice is tender and all the water is absorbed. **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Get prepped

Cut the **carrot** and **capsicum** into small chunks. Finely chop the **garlic**.

CUSTOM RECIPE

If you've added chicken breast, cut the chicken into 2cm chunks.



Start the curry

SPICY! You may find the curry paste hot! Add less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **capsicum**, tossing, until slightly softened, **5-6 minutes**. Add the **Thai red curry paste** (see ingredients) and **garlic** and cook until fragrant, **1-2 minutes**.

CUSTOM RECIPE

Before cooking the veggies, cook the chicken, tossing occasionally, until browned and cooked through, 4-5 minutes. Transfer to a plate.



Finish the curry

Add the **coconut milk** and **vegetable stock** powder (see ingredients). Bring to the boil over a high heat, then reduce the heat to medium and cover with a lid (or foil). Simmer until slightly thickened, **3 minutes**. Stir in the **soy sauce** and roasted **pumpkin**, then remove from the heat.

CUSTOM RECIPE

After adding the coconut milk, return the chicken (plus any resting juices) to the pan.



Serve up

Roughly chop the **coriander**. Divide the jasmine rice between bowls. Top with the pumpkin and veggie red curry. Sprinkle with the **roasted cashews** and coriander to serve.

Enjoy!

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