





# Thai Pumpkin & Veggie Red Curry

with Roasted Cashews & Jasmine Rice

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Jasmine Rice
-  Carrot
-  Capsicum
-  Garlic
-  Ginger Paste
-  Thai Red Curry Paste
-  Coconut Milk
-  Vegetable Stock Powder
-  Herbs
-  Roasted Cashews

 **Recipe Update**

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

-  Hands-on: **20-30 mins**
-  Ready in: **35-45 mins**
-  Naturally Gluten-Free
- Not suitable for coeliacs*
-  Plant Based
-  Spicy (Thai red curry paste)

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**  
Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce)

## 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 · Medium saucepan with a lid · 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
ginger paste	1 medium packet	1 large packet
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
herbs	1 bag	1 bag
roasted cashews	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4163kJ (995Cal)	512kJ (122Cal)
Protein (g)	14.1g	1.7g
Fat, total (g)	51.3g	6.3g
- saturated (g)	32.9g	4g
Carbohydrate (g)	115.4g	14.2g
- sugars (g)	21.2g	2.6g
Sodium (mg)	1519mg	187mg

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



## Roast the pumpkin

Preheat oven to **240°C/220°C fan-forced**. Peel and chop **butternut 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:** If your oven tray is crowded, divide the pumpkin between two trays.



## 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 medium-high heat. Cook **carrot** and **capsicum**, tossing, until slightly softened, **5-6 minutes**. Add **ginger paste**, **Thai red curry paste** (see ingredients) and **garlic** and cook until fragrant, **1-2 minutes**.



## Cook the rice

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



## Finish the curry

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



## Get prepped

Thinly slice **carrot** into half-moons. Cut **capsicum** into small chunks. Finely chop **garlic**.



## Serve up

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

Enjoy!

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