

Thai Pumpkin & Veggie Red Curry

with Cashews, Jasmine Rice & Coriander

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Bamboo Shoots



Garlic



Thai Red Curry Paste



Coconut Milk



Vegetable Stock Powder



Coriander



Roasted Cashews



Ginger Paste



Peeled & Chopped Pumpkin

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **20-30 mins**
 Ready in: **35-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Plant Based

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

Pantry items

Olive Oil, Brown Sugar, 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
peeled & chopped pumpkin	1 medium bag	1 large bag
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
bamboo shoots	½ tin	1 tin
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
brown sugar*	½ tbs	1 tbs
vegetable stock powder	½ medium sachet	1 medium sachet
soy sauce* <i>(or gluten-free tamari soy sauce)</i>	1 tbs	2 tbs
coriander	1 bag	1 bag
roasted cashews	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4007kJ (958Cal)	578kJ (138Cal)
Protein (g)	14.3g	2.1g
Fat, total (g)	51.8g	7.5g
- saturated (g)	33.1g	4.8g
Carbohydrate (g)	105.1g	15.2g
- sugars (g)	24.4g	3.5g
Sodium (mg)	1510mg	218mg

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

1



Roast the pumpkin

- Preheat oven to **240°C/220°C fan-forced**.
- Place **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the pumpkin between two trays.

2



Cook the rice

- Meanwhile, 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 water is absorbed, **10-15 minutes**.

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

3



Get prepped

- Thinly slice **carrot** into half-moons.
- Finely chop **garlic**.
- Drain **bamboo shoots** (see ingredients).

4



Start the curry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **bamboo shoots**, tossing, until slightly softened, **2-3 minutes**.
- **SPICY!** You may find the curry paste hot. Add less if you're sensitive to heat. Add **ginger paste**, **Thai red curry paste** (see ingredients) and **garlic** and cook until fragrant, **1-2 minutes**.

5



Finish the curry

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

6



Serve up

- Roughly chop **coriander** leaves.
- Divide jasmine rice between bowls. Top with Thai pumpkin and veggie red curry.
- Sprinkle with **roasted cashews** and **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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