



Thai Green Style Butternut Squash Curry

with Peas, Spinach and Zesty Jasmine Rice

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day

19



Butternut Squash



Basmati Rice



Garlic Clove



Lime



Thai Green Style Paste



Thai Style Spice Blend



Vegetable Stock Paste



Coconut Milk



Peas



Baby Spinach



Crispy Onions



King Prawns

Pantry Items

Oil, Salt, Pepper

+ Add King Prawns

If you chose to add king prawns, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, saucepan, lid, garlic press, fine grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	½	¾	1
Basmati Rice	100g	150g	200g
Garlic Clove**	2	3	4
Lime**	1	1	1
Thai Green Style Paste	45g	67g	90g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10	10g	15g	20g
Coconut Milk	180ml	250ml	360ml
Peas**	120g	180g	240g
Baby Spinach**	40g	100g	100g
Crispy Onions 13	1 sachet	1½ sachets	2 sachets
King Prawns* 5	150g	225g	300g
Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	651g	100g	726g	100g
Energy (kJ/kcal)	2287 /547	351 /84	2453 /587	338 /81
Fat (g)	21.7	3.3	22.1	3.1
Sat. Fat (g)	15.4	2.4	15.6	2.1
Carbohydrate (g)	77.5	11.9	77.5	10.7
Sugars (g)	18.5	2.8	18.5	2.5
Protein (g)	13.7	2.1	22.7	3.1
Salt (g)	2.10	0.32	3.12	0.43

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **5**) Crustaceans **10**) Celery **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Roast the Butternut Squash

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **butternut**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks and pop onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, toss to coat, then spread out in a single layer. **TIP:** Use two *baking trays if necessary*.

When the oven is hot, roast on the top shelf, 25-30 mins. Turn halfway through.



Curry Up

Once fragrant, stir in the **veg stock paste** and **coconut milk**, then bring to a boil. Turn the heat down and simmer, stirring occasionally, until thickened, 4-5 mins.

Once thickened, stir the **peas** into the **curry** and cook until piping hot, 1-2 mins. Remove from the heat.

Season with **salt**, **pepper** and a squeeze of **lime juice** from a **lime wedge**.

+ Add King Prawns

If you're adding **king prawns**, drain them, then stir them into the **curry** with the **coconut milk**. Continue as instructed, the **prawns** will cook through while simmering. **IMPORTANT:** Wash *hands and utensils after handling raw prawns. Cook so they're opaque in the middle..*



Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish Off

Once the **butternut squash** is ready, pop the **curry** back on medium heat. Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Stir the **roasted butternut** into the **curry**, adding a splash of **water** if the **sauce** is a little too thick.

Taste and season with **salt**, **pepper** and more **lime juice** if needed.



Fry the Aromatics

Meanwhile, peel and grate the **garlic** (or use a garlic press). Zest and cut the **lime** into wedges.

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **garlic**, **Thai green style paste** and **Thai style spice blend** (add less if you prefer things milder). Stir-fry until fragrant, 1 min.



Serve

Once everything's ready, fluff up the **rice** using a fork. Stir through the **lime zest**, then share the **zesty rice** between your bowls.

Spoon the **Thai green style curry** over the **zesty rice** and top with the **crispy onions**.

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!