













Butternut Squash Khmer Chickpea Curry Soup

with Coriander and Lime

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A Taste of Cambodia 30-35 Minutes • Mild Spice • 3 of your 5 a day



-  Butternut Squash
-  Chickpeas
-  Green Beans
-  Lime
-  Garlic Clove
-  Ginger Puree
-  Red Thai Style Paste
-  Ground Turmeric
-  Coconut Milk
-  Soy Sauce
-  Coriander
-  Diced British Chicken Breast

Pantry Items
Oil, Salt, Pepper, Sugar

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.
Happy cooking!



Rich in flavour and deeply comforting, this veggie version of the Cambodian classic khmer curry uses squash and chickpeas instead of the usual chicken! We're using red Thai style paste to start the base of the curry as it shares many of the same ingredients as Cambodian khmer, then adding turmeric for the golden glow associated with khmer.

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, sieve, fine grater, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash	1	1	2
Chickpeas	1 carton	1½ cartons	2 cartons
Green Beans**	150g	200g	300g
Lime**	1	1½	2
Garlic Clove**	2	3	4
Ginger Puree	15g	22g	30g
Red Thai Style Paste	75g	125g	150g
Ground Turmeric	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	250ml	400ml
Soy Sauce 11 13	15ml	25ml	30ml
Coriander**	1 bunch	1 bunch	1 bunch

Diced British Chicken Breast**	260g	390g	520g
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Pantry	2P	3P	4P
Sugar*	1½ tsp	2¼ tsp	3 tsp
Water for the Curry*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	798g	100g	928g	100g
Energy (kJ/kcal)	2463 /589	309 /74	3110 /743	335 /80
Fat (g)	31.8	4.0	34.1	3.7
Sat. Fat (g)	20.3	2.5	21.0	2.3
Carbohydrate (g)	55.3	6.9	55.4	6.0
Sugars (g)	23.7	3.0	23.9	2.6
Protein (g)	16.8	2.1	48.3	5.2
Salt (g)	4.17	0.52	4.37	0.47

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

Allergens

11 Soya **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.

You can recycle me!

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Roasted the Butternut

Preheat your oven to 240°C/220°C fan/gas mark 9.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks.

Pop the **butternut chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and cooked through, 18-20 mins. Turn halfway through.



Simmer Simmer

Once fragrant, stir in the **chickpeas**, **coconut milk**, **soy sauce**, **sugar** and **water for the curry** (see pantry for both amounts).

Bring to the boil and simmer until thickened slightly, 4-5 mins.

Meanwhile, roughly chop the **coriander** (stalks and all).

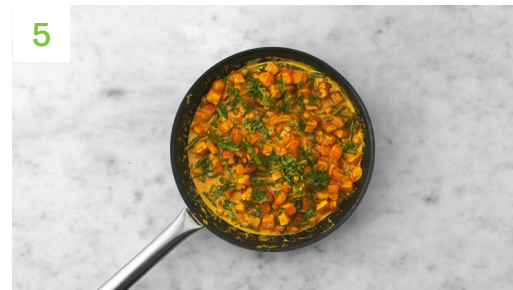


Get Prepped

Meanwhile, drain and rinse the **chickpeas** in a sieve.

Trim the **green beans**, then cut into thirds.

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



Finishing Touches

When ready, stir the **roasted butternut** and **half the coriander** through the **soup**. Simmer for 1 min.

Add a squeeze of **lime juice**, then remove from the heat.

Taste and season with more **salt**, **sugar** and **lime juice** if needed. **TIP:** Add a splash of water if it's a little too thick - you want a soupy consistency!



Fry the Beans

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

Once hot, add the **green beans** and stir-fry until tender, 4-5 mins.

Add the **garlic**, **ginger puree**, **red Thai style paste**, **ground turmeric** and **half the lime zest**. Cook until fragrant, 1 min.

+ Add Chicken Breast

Fry the **chicken** with the **green beans** for the same amount of time. The **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Serve Up

Share the **khmer curry soup** between your bowls.

Sprinkle over the remaining **coriander**.

Serve the remaining **lime wedges** alongside for squeezing over.

Enjoy!