

X2



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Thai Peanut Pumpkin and Chickpeas

A vibrant Thai-inspired curry with butternut pumpkin, chickpeas, and capsicum, simmered in a creamy peanut-lime sauce and served over fluffy rice. Finished with fresh coriander.



35 minutes



Vegetarian



2 servings

FROM YOUR BOX

BASMATI RICE	150g
LEMONGRASS STALK	1
SHALLOT	1
GARLIC CLOVE	1
PEANUT BUTTER	2 x 20g
LIME	1
BUTTERNUT PUMPKIN	1
RED CAPSICUM	1
TINNED CHICKPEAS	400g
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground turmeric, soy sauce

NOTES

You can transform this dish into a pumpkin traybake if preferred! Toss the diced pumpkin, capsicum, shallots and chickpeas on a roasting tray with a spice of choice. Combine the peanut butter and lime with soy sauce to make a dressing. Serve with rice.

1. COOK THE RICE

Place **rice** in a saucepan and cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

2. PREPARE THE CURRY PASTE

Roughly chop **lemongrass**, **shallot**, and **garlic**. Blend together with **peanut butter**, **2 tsp ground turmeric**, **1/2 lime juice**, and **2–3 tbsp water** using a stick mixer or blender until a paste forms.

TIP

You can add fresh chilli, kaffir lime leaves or ginger for an extra punch of flavour.

3. SAUTÉ THE VEGETABLES AND CHICKPEAS

Heat a large pan with **oil** over medium-high heat. Dice **1/2 pumpkin** (2–3cm) and add to pan as you go. Sauté for 5–6 minutes until softened. Slice and add **capsicum**. Stir in **curry paste** and cook for 1–2 minutes, then add **drained chickpeas**, **1/4 cup water**, Season with **1 tbsp soy sauce**. Simmer for 5–10 minutes, or until **sauce** thickens and **vegetables** are tender.

TIP

Use coconut oil for extra fragrance. Substitute water with coconut milk or cream for a creamier curry. Stir through some baby spinach or sliced kale if you would like extra greens.

4. FINISH AND SERVE

Divide **rice** between bowls. Spoon over **pumpkin curry**, top with chopped **coriander** and remaining **lime wedges**.

TIP

You can garnish this dish with sliced red chilli or chopped peanuts if you have some.

This recipe has simplified instructions to help lower your meal cost.