



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



4/6 servings

## FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
LEMONGRASS STALK	1	1
SHALLOTS	2	2
GARLIC CLOVES	2	2
PEANUT BUTTER	2 x 20g	3 x 20g
LIME	1	1
BUTTERNUT PUMPKIN	1	1
RED CAPSICUMS	2	2
TINNED CHICKPEAS	400g	2 x 400g
CORIANDER	1 packet	2 packets

## 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 **600ml 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.

**6P – cover rice with 900ml water.**

## 2. PREPARE THE CURRY PASTE

Roughly chop **lemongrass**, **shallots**, 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.

**6P – use 3–4 tbsp water to loosen.**

### 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 **pumpkin** (2–3cm) and add to pan as you go. Sauté for 5–6 minutes until softened. Slice and add **capsicums**. Stir in **curry paste** and cook for 1–2 minutes, then add **drained chickpeas**, **1/2 cup water**. Season with **2 tbsp soy sauce**. Simmer for 5–10 minutes, or until **sauce** thickens and **vegetables** are tender.

**6P – season with 2–3 tbsp soy sauce. Add more water if needed.**

### 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.**