DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Thai Peanut Pumpkin

and Chickpeas

Butternut pumpkin, chickpeas and capsicum simmered in a creamy Thai-style peanut and lime sauce, served over rice 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, 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.

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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, 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** and **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**.

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