



Malay pumpkin curry

with basmati rice and roasted cashews



A rich comforting pumpkin and coconut curry with crunchy cashews and hints of fresh lime. Mildly spiced, packed full of flavour and very quick and easy to prepare.

NO ADDED GLUTEN | Great for leftovers



Make this dish within 5 days of receiving your meal kit



Cooking equipment:
baking tray/s, small pot, large frying pan



Pantry items needed: vegetable oil, tomato paste, agave / brown sugar (optional)



Hands-on: 30 minutes
Ready in: 40 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Butternut pumpkin	600g	1200g
Vegetable oil for baking*	½ tbsp	1 tbsp
Brown onion	50g	100g
Tomato	150g	300g
Garlic	8g	16g
Ginger	10g	20g
Lime	80g	160g
Roasted cashews	1 packet	1 packet
Coriander	15g	30g
Basmati rice	1 packet	1 packet
Water for rice*	400ml	800ml
Vegetable oil for sauce*	1 tbsp	2 tbsp
Malay pumpkin spice mix	1 packet	1 packet
Agave / brown sugar (optional)*	½ tsp	1 tsp
Tomato paste*	1 tbsp	2 tbsp
Water for sauce*	100ml	200ml
Coconut milk	1 carton	1 carton

* Pantry items

Allergens and ingredients

Allergens: cashew.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Bake pumpkin

Preheat oven to 180°C and line baking tray/s. Peel **pumpkin** and cut into 2cm pieces. Place **pumpkin** onto baking tray/s, drizzle with **vegetable oil for baking*** and toss to coat. Roast until golden brown, about **20 minutes**.

2. Prepare vegetables

Dice **onion** and **tomato**. Mince **garlic**. Finely grate **ginger**. Juice **half** the quantity of **lime**. Slice remaining **lime** into wedges for serving. Roughly chop **cashews**. Roughly chop **coriander**.

3. Cook rice

Rinse **rice** through a sieve until the water runs clear. In a small pot, add **rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

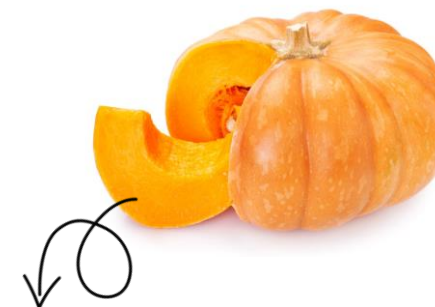
4. Cook Malay curry sauce

In a large frying pan over medium heat, add **vegetable oil for sauce***, **onion**, **garlic** and **ginger** and sauté until golden brown, about **4 minutes**. Add **Malay pumpkin spice mix**, **agave / brown sugar (optional)***, and **tomato paste*** and cook for **2 minutes**. Reduce heat to a simmer, add **tomato** and **water for sauce*** and cook until softened, about **7 minutes**. Add **coconut milk** and stir to combine. Remove from the heat and stir through **lime juice**.

5. Serve

Serve **rice** into bowls and top with **pumpkin** and **Malay curry sauce**. Sprinkle over **cashews** and **coriander** and serve with **lime wedges**.

Eat your way
to healthy!



Pumpkin is super nutrient-dense. It is low in calories and rich in fibre, antioxidants, vitamins and minerals, including beta-carotene, vitamins A, C, E, B2, B3, B5, B6, B9, potassium, copper, manganese, iron, magnesium, phosphorus and zinc.

Pumpkin has been linked to a range of health benefits, including a lower risk of certain cancers, better heart, eye and digestive health, enhanced immunity, reduced inflammation, improved blood-sugar control, weight loss and healthier skin.

Nutritional information*

	Per 675g serve	Per 100g
Energy	2764kJ (661Cal)	410kJ (98Cal)
Protein	16.1g	2.4g
Fat, total	36.5g	5.4g
- Saturated	20.1g	3.0g
Carbohydrate	59g	9g
- Sugars	25g	4g
Sodium	636mg	94mg

* Nutritional information is based on averages