



Butternut Massaman Curry

with rice and crunchy peanuts

20 – 25 mins • Veggie • Eat me first

14



Diced Butternut Squash



Garlic, Ginger & Lemongrass Paste



Stock



Coconut Milk



Jasmine Rice



Peanuts



Peas



Scallion



Lime



Dried Chilli Flakes



Massaman Curry Paste

Pantry Items: Water, Salt, Oil, Pepper



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Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Pan with lid, pot with lid

Ingredients

	2P	4P
Diced Butternut Squash	300 g	600 g
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Jasmine Rice	150 g	300 g
Peanuts	20 g	40 g
Peas	120 g	240 g
Scallion	1 unit	2 units
Lime	1 unit	2 units
Dried Chilli Flakes	2 sachets	4 sachets
Massaman Curry Paste	1 sachet	2 sachets

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	577.1 kJ/ 137.9 kcal
Fat (g)	5.3 g
Sat. Fat (g)	3.4 g
Carbohydrate (g)	19.4 g
Sugars (g)	3.1 g
Protein (g)	3.6 g
Salt (g)	0.7 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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Cook the Rice

- Pour 300ml cold **salted water** (per 2P) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Set aside for 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Dish Up

- Divide the fragrant **rice** and curry between deep plates or bowls.
- Scatter sliced **scallion** and **peanuts** over the top.
- Finish off with a squeeze of **lime** juice.
- Serve any remaining **lime** wedges alongside.

Enjoy!



Get Prepped

- Trim and thinly slice the **scallion**. Quarter the **lime**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **butternut** until just golden, 5-6 mins.



Simmer the Curry

- Add the **lemongrass paste** and fry until fragrant, 2-3 mins.
- Stir in **coconut milk**, **stock**, **massaman paste**, **chilli flakes** (use less if you don't like spice) and 75ml **water** (per 2P).
- Cover and simmer until the **butternut** is softened, 8-10 mins. When there's 1 min of cooking time left, add the **peas** and allow to warm through.
- Season to taste with **salt** and **pepper**. Add a splash of **water** if you feel it's too thick.