

MARLEY SPOON



Vegetable Massaman Curry

with Rice Noodles and Fried Onions



20-30min



4 Portions

We give this creamy Malay-style curry from southern Thailand a vegetarian makeover, substituting pumpkin, broccoli and sugar snap peas for the usual beef, and serving it with noodles instead of rice. The garnish of crisp fried onions add delicious sweetness and ring true to the traditional recipe.

What we send

- Thai basil
- butternut pumpkin
- brown onions, lime
- broccoli
- sugar snap peas
- vegetarian massaman curry paste
- coconut milk
- rice stick noodles

What you'll require

- vegetable oil
- water

Utensils

- large saucepan
- medium frypan
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 710kcal, Fat 23.0g, Carbs 104.6g, Proteins 13.1g



1. Fry onion

Halve the **onion**, then thinly slice. Heat **half the oil** in a medium frypan, then cook the onion, stirring, for 10 mins or until crisp and golden. Remove with a slotted spoon and drain on paper towel.



2. Prepare ingredients

Peel the **pumpkin**, then cut into 2cm chunks. Trim the **broccoli**, then peel and coarsely chop the stem and the remainder into small florets. Trim the **sugar snap peas**. Cut the **lime** into wedges. Pick the **Thai basil leaves**, discarding the stems.



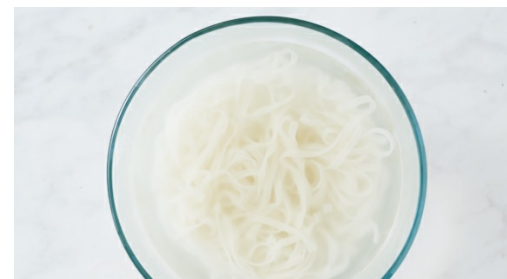
3. Make curry sauce

Heat the **remaining oil** in a large saucepan over medium heat. Add the **curry paste** and cook, stirring, for 2 mins or until fragrant. Add the **coconut milk** and the **boiling water** (see staples list), and bring to the boil.



4. Add vegetables

Add the **pumpkin**, then reduce the heat to medium and cover with a lid. Simmer for 5 mins, then add the **broccoli** and **sugar snap peas**. Cover with a lid and cook, stirring occasionally, for a further 2-3 mins until all vegetables are tender.



5. Prepare noodles

While pumpkin is cooking, place the **noodles** in a heatproof bowl and cover with boiling water. Set aside for 7-8 mins until noodles are tender, separating the noodles occasionally with a fork. Drain in a colander, then rinse under hot water to prevent noodles sticking together.



6. Get ready to serve

Stir **half the Thai basil** into the curry. Divide noodles among bowls, top with the curry, then scatter over the fried onions and **remaining Thai basil**. Serve with the **lime wedges**.