



# Rajasthani pumpkin and potato curry

with brown rice and Indian cabbage slaw



This quick and easy to prepare curry is a much loved recipe in Rajasthan, North India. Full-bodied with hot, sweet and spicy flavours and suprisingly, with no onion, garlic or ginger. Specifically designed to soothe, relax and comfort the body.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, large pot



Pantry items needed: vegetable oil, plant-based milk, salt



Hands-on: 15-20 minutes  
Ready in: 25-30 minutes



Serves: 2 or 4

*NO ADDED GLUTEN | CALORIE SMART | Adventurous, Great for leftovers, Spicy (mild)*

## Before you start

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

## Ingredients

	2 serves	4 serves
Basmati rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2¼ cups
Pumpkin	400g	800g
Potato	300g	600g
Lemon	160g	160g
Vegetable oil*	1½ tbsp	3 tbsp
Rajasthani spice seed mix	1 packet	1 packet
Fenugreek seeds	1 packet	1 packet
Plant-based milk*	3 tbsp	6 tbsp
Rajasthani spice powder mix	1 packet	1 packet
Water for curry*	½ cup	¾ cup
Salt*	¾ tsp	1½ tsp
Cabbage	210g	420g
Carrot	120g	240g
Coriander	15g	30g
Indian cabbage slaw seasoning mix	1 packet	1 packet

\* Pantry items

### Allergens and ingredients

Allergens: cashew, sulphites.

May contain traces of other allergens.

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

# Instructions

## 1. Cook rice

Rinse **basmati rice** through a sieve until the water runs clear. In a small pot, add **basmati 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.

## 2. Prepare pumpkin

Peel and cut **pumpkin** into 1½cm cubes. Peel and cut **potato** into 1cm cubes. Juice **lemon** (use **½ for 2 serves** and **1 for 4 serves**).

## 3. Cook curry

Heat **vegetable oil\*** (tip 1) in a large pot over medium heat. When hot, add **Rajasthani spice SEED mix** and sauté until the mustard seeds crackle, about **1 minute**. Add **fenugreek seeds** and stir briefly, taking care not to burn. Add **plant-based milk\*** (tip 2) and **Rajasthani spice POWDER mix** and stir for **1 minute**.

## 4. Finish curry

Add **potato, pumpkin** and **water for curry\***. Cover and cook on medium heat, stirring occasionally, for **15 minutes** or until the **potato** is tender. Add a little hot water if the vegetables start to stick. When done, turn off the heat. Add some of the **lemon juice (1 tsp for 2 serves and 2 tsp for 4 serves)** and **salt\*** and stir to combine.

## 5. Make slaw

Finely slice **cabbage**. Peel and grate **carrot**. Roughly chop **coriander**. In a bowl, mix together **cabbage, carrot, slaw seasoning mix**, remaining **lemon juice** and **half the coriander**.

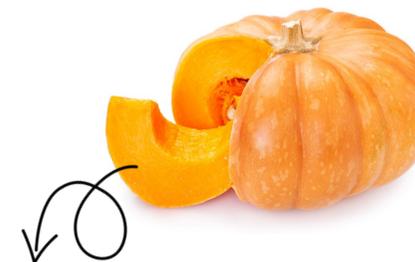
## 6. Serve

Remove cinnamon bark and whole cloves from the curry before serving if desired. Serve curry in deep bowls, on a bed of **rice** and garnish with remaining **coriander**. Serve **Indian slaw** on the side.

### Cooking tips

1. You can also use half vegetable oil and half plant-based butter to make a ghee-like oil.
2. We recommend soy milk.

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 620g serve	Per 100g
Energy	2253kJ (539Cal)	363kJ (87Cal)
Protein	13.7g	2.2g
Fat, total	21.9g	3.5g
- Saturated	5.8g	0.9g
Carbohydrate	63.6g	10.3g
- Sugars	18.5g	3.0g
Sodium	730mg	118mg

\* Nutritional information is based on averages