

Thai Pumpkin Curry

with Mustard Greens & Forbidden Rice

Let's welcome in the autumn, Thailand-style. In this recipe, you'll make a delicious pumpkin curry with traditional aromatics and Thai basil. In Southeast Asia, small pumpkins are prized for their sweet flavor and smooth texture. They're used in soups, steamed with custard to be served as desserts and prepared in curries with spices and greens. We're warming up the kitchen with the latter here, using a sugar pumpkin and completing the dish with beautiful, dark, nutty forbidden rice.



Ingredients

- 1 Sugar Pumpkin
- $\frac{3}{4}$ Cup Forbidden Rice
- 1 14-Ounce Can Light Coconut Milk
- 1 Bunch Mustard Greens
- 3 Cloves Garlic
- 2 Scallions
- 1 Bunch Thai Basil
- 1 Lime

Knick Knacks

- 3 Tablespoons Peanuts
- 2 Tablespoons Prik Khing Curry Paste
- 2 Teaspoons Coconut Palm Sugar
- 1 1-Inch Piece Ginger

Makes 2 Servings
About 650 Calories Per Serving



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and mince the garlic and ginger. Thinly slice the scallions, separating the white bottoms and green tops. Remove and discard the stems of the mustard greens; roughly chop the greens. Using a sturdy knife, cut off the top and bottom of the pumpkin. Remove and discard the seeds. Cut off and discard the skin. Cut the pumpkin in half, then into ¾-inch-thick pieces. Pick the Thai basil leaves off the stems; discard the stems. Roughly chop the peanuts. Using a peeler, remove the rind of the lime, avoiding the pith; mince the rind to get 2 teaspoons of zest. Quarter the lime.

2



Cook the rice:

Once the pot of water is boiling, add the **forbidden rice**. Cook 27 to 29 minutes, or until tender. Drain thoroughly and set aside.

3



Roast the pumpkin:

While the rice cooks, toss the **pumpkin pieces** with olive oil and season with salt and pepper. Arrange the seasoned pumpkin pieces in a single, even layer on a sheet pan. Roast 20 to 22 minutes, or until browned and tender when pierced with a knife.

4



Start the curry:

Just before the pumpkin has finished roasting, in a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **garlic, ginger, white parts of the scallions, lime zest and as much of the curry paste as you'd like**. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant.

5



Finish the curry:

Once the pumpkin has finished roasting, add the **mustard greens** and **1 cup of water** to the pot of curry; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the greens have wilted. Add the **coconut milk, sugar and roasted pumpkin**. Cook, stirring occasionally, 2 to 3 minutes, or until heated through. Remove from heat and stir in the **green parts of the scallions and the juice of all 4 lime wedges**; season with salt and pepper to taste.

6



Plate your dish:

Divide the **cooked rice** and **pumpkin curry** between 2 dishes. Garnish with the **Thai basil** and **peanuts**. Enjoy!