

Vegan green curry with pumpkin & spinach

Total time **30 mins** 10 mins preparation time 20 mins cooking time

Nutritional facts (per portion):
3,652 kJ / 873 kcal

Fat: **57 g** Protein: **19 g**
Carbohydrates: **79 g**

INGREDIENTS

2 portion(s)

Curry:

250 g Hokkaido pumpkin
150 g mushrooms
100 g red pepper
80 g shallots
2 tbsp rapeseed oil
1.5 tbsp vegan green curry paste
200 ml vegetable stock
250 ml coconut milk
1.5 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
0.5 tbsp peanut butter
80 g baby spinach
1 lime

Additionally:

300 g basmati rice, cooked
30 g cashews, toasted
2 tsp black sesame seeds
2 tbsp coriander leaves

PREPARATION

Step 1

250 g Hokkaido pumpkin - **150 g** mushrooms - **100 g** red pepper - **80 g** shallots
Cut the pumpkin into evenly sized cubes (3x3 cm). Quarter the mushrooms or halve them if small. Slice the red pepper into strips. Peel the shallots and cut them into thin wedges.

Step 2

2 tbsp rapeseed oil - **1.5 tbsp** vegan green curry paste - **200 ml** vegetable stock - **250 ml** coconut milk - **1.5 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#) - **0.5 tbsp** peanut butter - **80 g** baby spinach - **1** lime

Heat the rapeseed oil in a saucepan, add the shallot wedges and sauté briefly. Add the pumpkin, mushrooms and red pepper and cook until slightly softened. Stir in the curry paste and fry for about 1 minute. Pour in the stock, coconut milk and Kikkoman Soy Sauce, then add the peanut butter. Cook until the vegetables are tender. Stir in the spinach and the juice of half the lime and heat briefly.

Step 3

300 g basmati rice, cooked - **30 g** cashews, toasted - **2 tsp** black sesame seeds - **2 tbsp** coriander leaves

Divide the rice between bowls and spoon the curry over the top. Sprinkle with the toasted cashews and black sesame seeds. Finish with the coriander leaves and serve with the remaining lime half, cut into wedges.