



Aloo Gobi Lagoon Stew

with Cauliflower, Green Beans and Yoghurt

21

Elemental 35-40 Minutes • Medium Spice • 4 of your 5 a day • Veggie



Potatoes



Cauliflower Florets



Curry Powder



Red Onion



Garlic Clove



Green Beans



Korma Style Paste



Tomato Passata



Vegetable Stock Paste



Mango Chutney



Greek Style Natural Yoghurt

Pantry Items

Oil, Salt, Pepper



Be in your element this mealtime

We've teamed up with Disney and Pixar to celebrate the launch of the new family movie, "Elemental".

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cauliflower Florets**	300g	450g	600g
Curry Powder	1 sachet	1 sachet	2 sachets
Red Onion**	1	2	2
Garlic Clove**	3	4	6
Green Beans**	80g	120g	150g
Korma Style Paste 9	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	15g	23g	30g
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** 7	75g	120g	150g

Pantry	2P	3P	4P
Water for the Sauce*	250ml	375ml	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	690g 2054 /491	100g 298 /71
Fat (g)	12.8	1.9
Sat. Fat (g)	3.9	0.6
Carbohydrate (g)	79.8	11.6
Sugars (g)	32.1	4.7
Protein (g)	15.1	2.2
Salt (g)	4.25	0.62

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **9)** Mustard **10)** Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Halve any large **cauliflower florets**. Pop the **potatoes** onto one side of a large baking tray. Place the **cauliflower florets** onto the other side of the tray. Drizzle with **oil**, season with **salt** and **pepper** if you'd like to, then sprinkle the **curry powder** over both **veg**. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.
Kids Step: Add the veg and curry powder to the baking tray and mix together with your hands to coat well. Don't forget to wash your hands after!



Simmer and Stir

Pour the **passata**, **veg stock paste** and **water for the sauce** (see pantry for amount) into the saucepan. Stir in the **chopped green beans**.

Bring to the boil, then simmer until the **sauce** has thickened a little and the **beans** are tender, 8-10 mins.



Fry the Onion

Meanwhile, halve, peel and chop the **red onion** into small pieces.

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **onion** and stir-fry until softened, 4-5 mins. Season with **salt** and **pepper** if you'd like to.



Finishing Touches

When the **sauce** has thickened, stir in the **mango chutney**. Add a knob of **butter** if you'd like to.

Stir the **roasted potatoes** into the **sauce**. Taste and season with **salt** and **pepper** if you'd like to.



Finish the Prep

In the meantime, peel and grate the **garlic** (or use a garlic press).

Trim and halve the **green beans**.

Once softened, stir the **garlic** and the **korma style paste** into the **onions**. Fry for 1 min until fragrant.



Serve your Stew

Divide the **stew** between your bowls. Top with the **roasted curried cauliflower**.

Swirl the **Greek style natural yoghurt** into the **stew** to finish. **Kids Step:** Use a spoon to swirl the yoghurt into your lagoon stew to make some waves!

Enjoy!

Disney PIXAR
ELEMENTAL

In Cinemas July 7

Grow your own

The first 5,000 customers to order our "Elemental" inspired recipes will get plantable seed paper in their box. Don't miss out - collect all 4!