



Cajun Spicy Rice and Roasted Butternut Squash with Peas, Soured Cream and Greek Style Cheese

Classic 30-35 Minutes • Very Hot • 3 of your 5 a day

41



Diced Butternut Squash



Basmati Rice



Garlic Clove



Lime



Soured Cream



Tomato Puree



Cajun Spice Mix



Vegetable Stock Paste



Peas



Honey



Greek Style Salad Cheese



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Kettle, baking tray, saucepan, sieve, lid, garlic press, fine grater, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Diced Butternut Squash**	300g	450g	600g
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Lime**	1	1½	2
Soured Cream** 7)	75g	120g	150g
Tomato Puree	30g	45g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	15g	20g	30g
Peas**	120g	180g	240g
Honey	15g	22g	30g
Greek Style Salad Cheese** 7)	50g	75g	100g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	434g	100g	564g	100g
Energy (kJ/kcal)	2713 / 648	625 / 149	3360 / 803	595 / 142
Fat (g)	22.4	5.2	24.8	4.4
Sat. Fat (g)	13.2	3.0	13.9	2.5
Carbohydrate (g)	95.0	21.9	95.2	16.9
Sugars (g)	21.5	4.9	21.6	3.8
Protein (g)	18.4	4.2	49.9	8.8
Salt (g)	2.64	0.61	2.84	0.50

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

Allergens

7) Milk 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

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1 Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a half-full kettle.

Pop the **diced butternut squash** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then 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 and tender, 18-20 mins. Turn halfway through.



2 Cook the Rice

In the meantime, pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.

Add the **rice** and cook for 10-12 mins.

Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



3 Prep Time

While the rice cooks, peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lime**.

In a small bowl, combine the **soured cream** and **lime zest**.



4 Make the Spicy Sauce

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, stir in the **garlic**, **tomato puree** and **Cajun spice mix** (add less if you'd prefer things milder). Cook until fragrant, 1-2 mins.

Lower to medium heat, then add the **water for the sauce** (see pantry for amount) and **veg stock paste**. Simmer until thickened, 2-3 mins.

CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan before the **garlic** and cook until browned all over, 5-6 mins, then add the **garlic** and the other ingredients and continue as instructed until it's cooked through. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



5 Finishing Touches

Add the **peas**, **cooked rice**, **honey** and **butter** (see pantry for amount) to the frying pan. Stir to combine. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Once roasted, stir the **sweet potato** through the **spicy rice**. Squeeze in the **juice** from **half the lime**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too dry.



6 Serve Up

When ready, share the **spicy rice** between your bowls.

Crumble over the **Greek style salad cheese** and top with a dollop of **zesty soured cream**.

Serve with any remaining **lime** cut into **wedges** for squeezing over.

Enjoy!