



Cauliflower, Potato and Green Bean Curry with Garlic Butter Rice

Classic 35-40 Minutes • Mild Spice • 3 of your 5 a day

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Baking Potato



Garlic Clove



Basmati Rice



Cauliflower Florets



Green Beans



Tikka Masala Paste



Tomato Passata



Creme Fraiche



Mango Chutney



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

Baking tray, garlic press, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	2	2
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Cauliflower Florets**	300g	450g	600g
Green Beans**	80g	120g	150g
Tikka Masala Paste	75g	112g	150g
Tomato Passata	1 carton	1½ cartons	2 cartons
Creme Fraiche** (7)	75g	120g	150g
Mango Chutney	40g	60g	80g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	630g	100g	760g	100g
Energy (kJ/kcal)	3277 /783	520 /124	3924 /938	516 /123
Fat (g)	27.7	4.4	30.0	3.9
Sat. Fat (g)	13.7	2.2	14.3	1.9
Carbohydrate (g)	116.7	18.5	116.8	15.4
Sugars (g)	25.2	4.0	25.3	3.3
Protein (g)	16.7	2.6	48.1	6.3
Salt (g)	2.72	0.43	2.92	0.38

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

Allergens

7) Milk

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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Roast the Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.
Cut the **potato** into 2cm chunks (no need to peel).
Pop 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, 25-35 mins.

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



Cook the Veg

While everything cooks, heat a large frying pan on medium heat with a drizzle of **oil**. Once hot, add the **green beans**. Cook until softened, 3-4 mins.

Once softened, add the **tikka paste** and remaining **garlic** to the pan. Cook for 1 min.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before the **green beans** and fry until golden brown all over, 5-6 mins, then add the **green beans** and continue with the recipe as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Make the Garlic Butter Rice

Pop a deep saucepan (with a tight-fitting lid) on medium heat and melt in the **butter** (see pantry for amount). When hot, stir-fry the **garlic** for 1 min.

Stir in the **rice** until coated, 1 min. Add ¼ **tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Curry Up

Stir the **passata** and **water for the curry** (see pantry for amount) into the **green beans**. Season with **salt** and **pepper**. Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.

Once the **curry** has thickened, stir in the **roasted veg**, **three quarters** of the **creme fraiche** and the **mango chutney**. Cook until piping hot, 2-3 mins.



Roast your Cauliflower

Meanwhile, halve any **large cauliflower florets**. Halfway through roasting, add the **cauliflower** to the **potato** baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss everything to evenly coat.

Spread out in an even layer and roast for the remaining time until golden and tender, 15-20 mins. Turn halfway through.

While everything cooks, trim the **green beans**, then cut into thirds.



Finish and Serve

When everything's ready, fluff up the **rice** with a fork and share between your bowls.

Spoon the **veg curry** alongside the **rice**, then top with a spoonful of the remaining **creme fraiche**.

Enjoy!