

Cauliflower, Potato and Green Bean Curry with Garlic Butter Rice

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









Baking Potato

Garlic Clove





Basmati Rice

Cauliflower Florets







Green Beans

Tikka Masala Paste





Tomato Passata

Creme Fraiche







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

| Naci Icion | | | Custom Recipe | |
|-------------------------|----------------|-------------|----------------|-------------|
| Typical Values | 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.

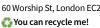
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Roast the Potato

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).



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.



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.



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!