



Butternut Squash Korma Style Curry with Tenderstem® Broccoli and Cardamom Rice

Customer Favourites 30-35 Minutes • Mild Spice • 4 of your 5 a day

40



Butternut Squash



Curry Powder Mix



Basmati Rice



Cardamon Pod



Tenderstem®
Broccoli



Garlic Clove



Korma Curry
Paste



Vegetable Stock
Paste



Creme Fraiche



Mango Chutney



Diced Chicken
Breast

Pantry Items

Oil, Salt, Pepper, Sugar

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. Ingredients in red are hot!

Cooking tools

Baking tray, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	1
Curry Powder	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Cardamom Pod	½	¾	1
Tenderstem® Broccoli**	80g	150g	200g
Garlic Clove**	2	3	4
Korma Curry Paste 9)	50g	75g	100g
Vegetable Stock Paste 10)	10g	15g	20g
Crema Fraiche** 7)	150g	225g	300g
Mango Chutney	40g	60g	80g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Curry*	2 tsp	3 tsp	4 tsp
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	548g	100g	678g	100g
Energy (kJ/kcal)	3149 / 753	575 / 137	3796 / 907	560 / 134
Fat (g)	30.7	5.6	33.0	4.9
Sat. Fat (g)	15.8	2.9	16.5	2.4
Carbohydrate (g)	106.2	19.4	106.4	15.7
Sugars (g)	30.1	5.5	30.2	4.5
Protein (g)	15.0	2.7	46.5	6.9
Salt (g)	3.06	0.56	3.25	0.48

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.

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Roast the Butternut

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

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks.

Pop the **diced butternut** onto a large baking tray. Drizzle with **oil**, sprinkle over the **half the curry powder** and season with **salt** and **pepper**. 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 cooked through, 25-30 mins. Turn halfway through.



Curry Up

Once hot, add the **korma style paste**, **garlic** and remaining **curry powder**, stir-fry for 1 min, then stir in the **veg stock paste**, **sugar** and **water for the curry** (see pantry for both amounts).

CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan before the **korma curry paste** and stir-fry until golden, 5-6 mins, then add the **korma style paste** and continue 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.**



Cook the Cardamom Pods

Meanwhile, pour the **water for the rice** (see pantry for amount) and **cardamom pods** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** 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).



Add the Cream and Chutney

Stir through the **broccoli** and bring to the boil. Cover with a lid and simmer until the **broccoli** is just tender, 4-5 mins.

Once tender, stir in the **crema fraiche** and **mango chutney**. Bring back to the boil, then remove from the heat. Season with **salt** and **pepper**.



Broccoli Time

While everything cooks, halve any thick **broccoli stems** lengthways. Cut the **Tenderstem®** into thirds. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium heat.



Finish and Serve

Once the **butternut squash** is roasted, stir it through the **curry**. Return the pan to the heat to warm through. Add a splash of **water** if it's a little too thick.

Fluff up the **rice** with a fork and remove the **cardamom pods**.

Share the **cardamom rice** between your plates, then top with your **korma style curry**.

Enjoy!