



Veggie Tikka Masala and Basmati Rice with Pepper and Peas

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day

19



Onion



Garlic Clove



Bell Pepper



Basmati Rice



Tikka Paste



Tomato Puree



Creme Fraiche



Coconut Milk



Vegetable Stock Paste



Peas



Chilli Flakes



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

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

Garlic press, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Basmati Rice	150g	225g	300g
Tikka Paste	75g	112g	150g
Tomato Puree	30g	45g	60g
Creme Fraiche** 7)	75g	1005g	150g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Peas**	120g	240g	240g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	75ml	100ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	470g	100g	600g	100g
Energy (kJ/kcal)	3259 / 779	693 / 166	3906 / 934	651 / 156
Fat (g)	39.8	8.5	42.1	7.0
Sat. Fat (g)	27.3	5.8	28.0	4.7
Carbohydrate (g)	93.0	19.8	93.1	15.5
Sugars (g)	19.1	4.1	19.2	3.2
Protein (g)	16.7	3.6	48.2	8.0
Salt (g)	2.94	0.62	3.13	0.52

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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Get Prepped

Halve, peel and chop the **onion** into small pieces.
Peel and grate the **garlic** (or use a garlic press).

Halve the **bell pepper** and discard the core and seeds. Cut into 1cm chunks.



Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and $\frac{1}{4}$ **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).



Start your Curry

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **onion** and **pepper chunks** and cook, stirring occasionally, until softened, 4-5 mins.

Stir in the **garlic**, **tikka paste** and **tomato puree**. Cook for 1 min more.

CUSTOM RECIPE

If you've chosen to add **diced chicken**, add it to the pan before the **veg** and season. Cook until browned all over, 5-6 mins, then remove from the pan and add the **veg**. You'll add the **chicken** back into the pan in the next step and it will cook through while simmering. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Simmer and Stir

Pour the **creme fraiche**, **coconut milk**, **veg stock paste** and **water for the curry** (see pantry for amount) into the pan. Bring to the boil, stirring to combine, then reduce the heat to medium.

Remove the lid, then allow the **curry** to simmer until thickened, stirring occasionally, 3-4 mins.



Finish Up

Once the **curry** has thickened and the **veg** is cooked through, stir in the **peas** and simmer for 1-2 mins more. Remove from the heat.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Serve

Fluff up the **rice** with a fork and share between your bowls.

Spoon over your **veggie tikka masala** and sprinkle over the **chilli flakes** if you'd like (add less if you'd prefer things milder).

Enjoy!