



Aloo Gobi Stew

with Green Beans and Yoghurt

Classic 45-50 Minutes • **Mild Spice** • 4 of your 5 a day • Veggie

20



Potatoes



Cauliflower Florets



Curry Powder
Mix



Onion



Garlic Clove



Green Beans



Korma Curry
Paste



Tomato Passata



Vegetable Stock
Paste



Mango Chutney



Greek Style
Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

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 and garlic press.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cauliflower Florets**	300g	450g	600g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Onion**	1	1½	2
Garlic Clove**	3	4	6
Green Beans**	80g	120g	150g
Korma Curry Paste 9	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	15g	22g	30g
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** 7	75g	120g	150g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	250ml	375ml	500ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	827g	100g
Fat (g)	2460/588	297/71
Sat. Fat (g)	20.7	2.5
Carbohydrate (g)	9.1	1.1
Sugars (g)	87.0	10.5
Protein (g)	34.5	4.2
Salt (g)	15.6	1.9
	4.22	0.51

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.


Contact

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1



Roast the Veg

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

Chop the **potatoes** into 2cm chunks (no need to peel). Halve any **large cauliflower florets**.

Pop the **potatoes** onto one side of a large baking tray. Place the **cauliflower florets** onto the other side. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle the **curry powder mix** over both **veg**.

Toss to coat, then 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. Turn halfway through.

4



Simmer and Stir

Pour the **passata**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the saucepan. Stir in the **chopped green beans**.

Bring to the boil, then simmer until the **sauce** has thickened a little and the **beans** are tender, 8-10 mins.

2



Fry the Onion

Meanwhile, halve, peel and chop the **onion** into small pieces.

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **onion** and stir-fry until softened, 4-5 mins. Season with **salt** and **pepper**.

5



Finishing Touches

When the **sauce** has thickened, stir in the **mango chutney** and **butter** (see pantry for amount).

When ready, stir the **roasted potatoes** into the **sauce**. Taste and season with **salt** and **pepper** if needed.

3



Finish the Prep

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

Trim and halve the **green beans**.

Stir the **garlic** and the **korma curry paste** into the saucepan. Fry for 1 min until fragrant.

6



Serve Up

Share your **aloo gobi stew** between your bowls.

Top with the **roasted curried cauliflower**.

Swirl the **Greek style natural yoghurt** into the **stew** to finish.

Enjoy!