



Creamy Roasted Vegetable Curry with Naans and Soured Cream

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Stacey Solomon 20 Minutes • Mild Spice • 3 of your 5 a day



Cauliflower Florets



Sweet Potato



North Indian Style Spice Mix



Garlic Clove



Korma Curry Paste



Tomato Puree



Vegetable Stock Paste



Plain Naans



Soured Cream



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

Stacey ♥

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!

Stacey Solomon's Picks
We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

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, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Sweet Potato	1	1½	2
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Korma Curry Paste 9)	50g	75g	100g
Tomato Puree	30g	45g	60g
Vegetable Stock Paste 10)	10g	15g	20g
Plain Naans 7) 13)	2	3	4
Soured Cream** 7)	150g	225g	300g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Water for the Curry*	200ml	300ml	400ml
Sugar*	½ tsp	½ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	632g	100g	762g	100g
Energy (kJ/kcal)	3428 / 819	542 / 130	4076 / 974	535 / 128
Fat (g)	30.4	4.8	32.7	4.3
Sat. Fat (g)	10.5	1.7	11.1	1.5
Carbohydrate (g)	111.8	17.7	112.0	14.7
Sugars (g)	24.2	3.8	24.3	3.2
Protein (g)	22.8	3.6	54.3	7.1
Salt (g)	3.72	0.59	3.91	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 **13)** Cereals containing gluten

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, cereals containing 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 Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve or quarter any large **cauliflower florets**, then pop onto one half of a baking tray. Chop the **sweet potatoes** into 1cm chunks (no need to peel).
- Pop the **diced sweet potato** onto the other half of the tray. Drizzle with **oil**. Season with **salt, pepper** and the **North Indian style spice mix**. Toss to coat.
- When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.



Simmer your Curry

- Next, stir in the **tomato puree, veg stock paste** and **water for the curry** (see pantry for amount).
- Season with **salt** and **pepper**, then stir in the **sugar** (see pantry for amount).
- Bring to the boil, then reduce the heat to medium. Simmer, stirring occasionally, until the **liquid** has reduced and the **sauce** has thickened, 4-5 mins.



Prep the Garlic

- Peel and grate the **garlic** (or use a garlic press).



Combine and Stir

- Meanwhile, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.
- Once the **curry sauce** has thickened, remove from the heat. Stir in the **roasted veg** and **three quarters** of the **soured cream**.
- Add a splash of **water** if it's a little too thick. Taste and add **salt** and **pepper** if needed.



Spice Things Up

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **korma curry paste** and **garlic**. Stir and cook for 2 mins.

CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan before the **spices**. Cook until browned all over, 5-6 mins, then continue as instructed. The **chicken** will cook through while simmering for 3-4 mins instead in the next step. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Serve

- When everything's piping hot, serve your **vegetable curry** in bowls and top with a dollop of the remaining **soured cream**.
- Slice up the **naans** and serve alongside for scooping up the **curry**.

Enjoy!