



# Sweet Potato Pasanda Spiced Curry with Cumin Rice and Flaked Almonds

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

20



Sweet Potato



Basmati Rice



White Cumin Seeds



Garlic Clove



Tomato Puree



Pasanda Style Seasoning



Vegetable Stock Paste



Creme Fraiche



Peas



Mango Chutney



Toasted Flaked Almonds



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Butter, Sugar

### CUSTOM RECIPE

If you choose 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, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Basmati Rice	150g	225g	300g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Pasanda Style Seasoning	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Creme Fraiche** <b>7</b>	150g	225g	300g
Peas**	120g	240g	240g
Mango Chutney	40g	60g	80g
Toasted Flaked Almonds <b>2</b>	15g	25g	25g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	¾	1 tsp
Water for the Sauce*	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	729g	100g	859g	100g
Energy (kJ/kcal)	4179 /999	574 /137	4826 /1154	563 /134
Fat (g)	39.6	5.4	42.0	4.9
Sat. Fat (g)	21.2	2.9	21.9	2.5
Carbohydrate (g)	145.7	20.0	145.9	17.0
Sugars (g)	37.1	5.1	37.2	4.3
Protein (g)	20.4	2.8	51.8	6.0
Salt (g)	2.20	0.30	2.39	0.28

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**2)** Nuts **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, 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.

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## Roast the Sweet Potato

Preheat your oven to 240°C/220°C fan/gas mark 9.  
Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Pop them 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, 18-20 mins. Turn halfway through.



## Simmer the Sauce

Stir in the **veg stock paste**, **creme fraiche**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then lower the heat and simmer until slightly reduced, 3-4 mins.

Once reduced, stir through the **roasted sweet potato** and **peas**. Simmer until piping hot, 1-2 mins.



## Rice Time

Pop a deep saucepan (with a tight-fitting lid) on medium heat with the **butter** (see pantry for amount). When melted, stir in the **rice** and **cumin seeds** 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).



## Finishing Touches

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



## Start the Curry

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

When the **sweet potato** has 5 mins remaining, heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **garlic**, **tomato puree** and **pasanda style seasoning** (add less if you'd prefer things milder). Cook for 1 min.

## CUSTOM RECIPE

If you've chosen to add **diced chicken** to your meal, add it to the pan before the **garlic** and other **flavourings**. Fry until browned all over, 5-6 mins, then continue as instructed. The **chicken** 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.



## Serve Up

Fluff up the **rice** with a fork and share between your bowls. Top with the **sweet potato curry**. Drizzle over the **mango chutney** and sprinkle over the **flaked almonds** to finish.

Enjoy!