

# Sweet Potato and Chickpea Rogan Josh

with Green Beans, Flaked Almonds and Garlic Naan

**Classic** 25-30 Minutes • **Mild Spice** • 4 of your 5 a day • Veggie



-  Sweet Potato
-  Garlic Clove
-  Green Beans
-  Chickpeas
-  Rogan Josh Curry Paste
-  Chilli Flakes
-  Tomato Passata
-  Vegetable Stock Paste
-  Plain Naans
-  Mango Chutney
-  Toasted Flaked Almonds

## 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, sieve, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Garlic Clove**	3	4	6
Green Beans**	80g	150g	150g
Chickpeas	1 carton	1½ cartons	2 cartons
Rogan Josh Curry Paste	50g	75g	100g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste (10)	10g	15g	20g
Plain Naans (7) (13)	2	3	4
Mango Chutney	40g	60g	80g
Toasted Flaked Almonds (2)	15g	25g	25g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Butter*	20g	30g	40g
Water for the Sauce*			

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>640g</b>	<b>100g</b>
Energy (kJ/kcal)	3895 /931	609 /145
Fat (g)	31.2	4.9
Sat. Fat (g)	7.5	1.2
Carbohydrate (g)	128.4	20.1
Sugars (g)	30.4	4.8
Protein (g)	27.0	4.2
Salt (g)	4.21	0.66

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

## Allergens

2) Nuts 7) Milk 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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## Time to Roast

Preheat your oven to 240°C/220°C fan/gas mark 9.

Remove the **butter** (see pantry for amount) from your fridge and leave to one side to soften.

Chop the **sweet potato** into 1cm chunks (no need to peel) and 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, 16-18 mins. Turn halfway through.



## Garlic Naan Time

Meanwhile, in a small bowl, combine the **butter** and remaining **garlic**. Season with **salt** and **pepper**.

Put the **naans** onto a baking tray. Spread the **garlic butter** over them and pop them into the oven to warm through, 3-4 mins.



## Curry Up

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the **green beans**. Drain and rinse the **chickpeas** in a sieve.

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

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir through the **rogan josh curry paste**, **half** the **garlic** and **half** the **chilli flakes** (add less if you'd prefer things milder). Stir-fry for 1 min.



## Add the Sweet Potato

Once the **sweet potato** is ready, remove from the oven and stir it through the **curry**.

Stir in the **mango chutney**, then taste and season with more **salt** and **pepper** if needed.



## Simmer the Sauce

Pour the **passata**, **chickpeas**, **vegetable stock paste** and **water for the sauce** (see pantry for amount) into the pan.

Stir and bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.



## Serve

Spoon the **sweet potato curry** into your bowls.

Sprinkle over the **flaked almonds** and remaining **chilli flakes** (add less if you'd prefer things milder).

Halve the **garlic naans** and serve them alongside for dipping and scooping.

## Enjoy!