














Gobi Matar Rogan Josh and Basmati Rice

with Cauliflower, Flaked Almonds and Yoghurt

17

Stacey Solomon 20 Minutes • Mild Spice • 4 of your 5 a day



-  Cauliflower Florets
-  Curry Powder Mix
-  Basmati Rice
-  Garlic Clove
-  Rogan Josh Curry Paste
-  Tomato Passata
-  Vegetable Stock Paste
-  Peas
-  Mango Chutney
-  Toasted Flaked Almonds
-  Greek Style Natural Yoghurt
-  Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper, Butter

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

Kettle, baking tray, saucepan, sieve, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Peas**	120g	180g	240g
Mango Chutney	40g	60g	80g
Toasted Flaked Almonds 2)	15g	25g	30g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	125ml	180ml	250ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	565g	100g	695g	100g
Energy (kJ/kcal)	2943 / 703	521 / 124	3590 / 858	517 / 123
Fat (g)	25.0	4.4	27.4	3.9
Sat. Fat (g)	9.1	1.6	9.8	1.4
Carbohydrate (g)	103.4	18.3	103.5	14.9
Sugars (g)	28.6	5.1	28.7	4.1
Protein (g)	20.3	3.6	51.8	7.5
Salt (g)	3.15	0.56	3.34	0.48

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. Be careful when adding water to hot pans while cooking. Be careful when adding water to hot pans while cooking.

Contact

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Get Started

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a full kettle.
- Halve any large cauliflower florets.



Curry Up

- Heat a drizzle of oil in a large saucepan on medium-high heat.
- Once hot, add the garlic, remaining curry powder mix and the rogan josh curry paste. Fry until fragrant, 1 min.
- Stir in the passata, veg stock paste and water for the sauce (see pantry for amount).
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.

CUSTOM RECIPE

If you're adding chicken, add it to the pan before the spices. Fry, 5-6 mins, then add the spices and continue as instructed. The chicken will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Cauliflower Power

- Pop the cauliflower onto a large baking tray. Drizzle with oil, sprinkle over half the curry powder mix and season with salt and pepper.
- Toss to coat. Spread them out in a single layer.
- When the oven is hot, roast on the top shelf until golden brown and tender, 15-18 mins. Turn halfway through.



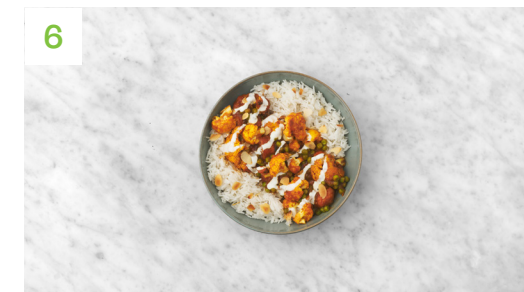
All Together Now

- Stir the peas, mango chutney and butter (see pantry for amount) into the curry sauce.
- Heat until the peas are piping hot and the butter has fully melted, 1-2 mins.
- Taste and season with salt and pepper.
- When the cauliflower is roasted, stir it into the curry.



Cook the Rice

- Meanwhile, pour the boiled water into a medium saucepan with ¼ tsp salt on high heat.
- Add the rice and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.
- In the meantime, peel and grate the garlic (or use a garlic press).



Serve

- Share the rice between your serving bowls.
- Top with the gobi matar rogan josh curry.
- Sprinkle over the flaked almonds and drizzle over the yoghurt to finish.

Enjoy!