



Aloo Gobi Stew with Green Beans and Yoghurt

Knorr 40-45 Minutes • Medium Spice • 4 of your 5 a day

4



Potatoes



Cauliflower Florets



Curry Powder Mix



Onion



Garlic Clove



Green Beans



Korma Curry Paste



Tomato Passata



KNORR Vegetable Stock



Mango Chutney



Greek Style Natural Yoghurt



Diced Chicken Breast



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!

Give it more with Knorr!

Melt Knorr Stock Pots into your cooking and effortlessly give your meals full-on flavour to please every crowd.

Pantry Items

Oil, Salt, Pepper, 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
KNORR Vegetable Stock 10)	1 pot	1½ pots	2 pots
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	250ml	375ml	500ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	818g	100g	948g	100g
Energy (kJ/kcal)	2354/563	288/69	3001/717	317/76
Fat (g)	19.9	2.4	22.3	2.4
Sat. Fat (g)	9.0	1.1	9.7	1.0
Carbohydrate (g)	83.6	10.2	83.8	8.8
Sugars (g)	32.0	3.9	32.1	3.4
Protein (g)	14.5	1.8	46.0	4.9
Salt (g)	2.71	0.33	2.90	0.31

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, 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.

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Roast the Veg

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

Chop the **potatoes** into 1cm 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, 18-20 mins. Turn halfway through.



Simmer and Stir

Pour the **passata**, **Knorr vegetable stock** and **water for the sauce** (see pantry for amount) into the saucepan. Stir in the **green beans**.

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



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**.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan with the **onion**. Fry, 5-6 mins, then 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.



Finishing Touches

When the **stew** has thickened slightly, stir in the **mango chutney** and **butter** (see pantry for amount), until melted.

Stir the **roasted potatoes** into the **stew**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



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.



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!