



# Sweet Potato Pasanda Spiced Curry

with Cumin Rice and Flaked Almonds

**Classic** 30-35 Minutes • **Medium Spice** • 2 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 British Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Butter

#### + Add Chicken Breast

If you chose to add diced chicken breast, 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	2 sachets	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 British Chicken Breast**	240g	390g	520g
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Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	729g	100g	859g	100g
Energy (kJ/kcal)	4182 /1000	574 /137	4829 /1154	562 /134
Fat (g)	40.0	5.5	42.3	4.9
Sat. Fat (g)	21.4	2.9	22.0	2.6
Carbohydrate (g)	145.3	19.9	145.4	16.9
Sugars (g)	36.1	5.0	36.3	4.2
Protein (g)	20.5	2.8	51.9	6.0
Salt (g)	2.33	0.32	2.53	0.29

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, mollusc, 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 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** and **water for the sauce** (see pantry for amount). 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.



## Cook the Rice

Pop a deep saucepan (with a tight-fitting lid) on medium heat. Once hot, add the **butter** (see pantry for amount). When melted, stir in the **rice** and **cumin seeds** until coated, 1 min.

Add **1/4 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

Stir the **mango chutney** through the **sauce**. Taste 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.

Once hot, add the **garlic**, **tomato puree** and **pasanda style seasoning** (add less if you'd prefer things milder). Cook for 1 min.

### + Add Chicken Breast

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



## Serve Up

Fluff up the **rice** with a fork and share between your bowls. Top with the **sweet potato curry**.

Sprinkle over the **flaked almonds** to finish.

Enjoy!