



Aloo Masala and Cheese Stuffed Naan

with Mango Chutney, Tomatoes and Baby Leaf Salad

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day

41



Baking Potato



Onion



Garlic Clove



Mature Cheddar Cheese



Plain Naans



Baby Plum Tomatoes



Cider Vinegar



Curry Powder Mix



White Cumin Seeds



Mango Chutney



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Butter, Sugar, Olive Oil, Mayonnaise

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

Saucepan, frying pan, garlic press, grater, baking tray, bowl, colander, potato masher and spatula.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	1½	2
Onion**	1	1½	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	70g	110g	140g
Plain Naans 7) 13)	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Cider Vinegar 14)	15ml	22ml	30ml
Curry Powder Mix	2 sachets	2 sachets	3 sachets
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Mango Chutney	40g	60g	80g
Baby Leaf Mix**	50g	70g	100g

Pantry	2P	3P	4P
Butter*	30g	45g	60g
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tsp	1½ tsp	2 tsp
Sugar for the Onions*	1 tsp	1½ tsp	2 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	4272 / 1021	775 / 185
Fat (g)	48.9	8.9
Sat. Fat (g)	17.8	3.2
Carbohydrate (g)	119.1	21.6
Sugars (g)	25.3	4.6
Protein (g)	26.7	4.8
Salt (g)	2.87	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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.

 You can recycle me!

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Boil the Potatoes

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

Bring a large saucepan of **water** with **½ tsp salt** to the boil. Peel and chop the **potato** into 2cm chunks.

When boiling, add the **potato** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, halve, peel and chop the **onion** into small pieces.



Build the Stuffed Naans

Once the **potatoes** are cooked, drain in a colander.

Add the **potatoes** to the **onions**, then use a spoon to lightly mash the **potatoes** and stir to coat in the **butter** and **spices**. Stir in the **mango chutney** and season with **salt** and **pepper**.

Load the **potato mixture** onto one **half** of each **warmed naan**. Press the **potato** down with the back of a spoon to lightly bind it to the **naan**.

Carefully fold the other **half** of the **naan** over. Press down firmly to sandwich the **naans** together.



Get Frying

Heat the **butter** (see pantry for amount) in a large frying pan on medium heat.

Once melted, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 8-10 mins.

While the onion fries, peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.

Put the **naans** onto a large baking tray. Sprinkle with a little **water**, then scatter over the **cheese**. Pop them onto the middle shelf of your oven to warm through, 2-3 mins.



Time to Fry

Give the frying pan a quick wipe, then heat a drizzle of **oil** in the (now empty) frying pan on medium-high heat.

Once hot, add the **folded naans**, pressing down with a spatula or a heavy-bottomed pan.

Cook, pressing frequently, until the **naan** is golden and toasted, 2-4 mins on each side.

Just before serving, add the **baby plum tomatoes** and **baby leaves** to the **dressing** and toss to coat.



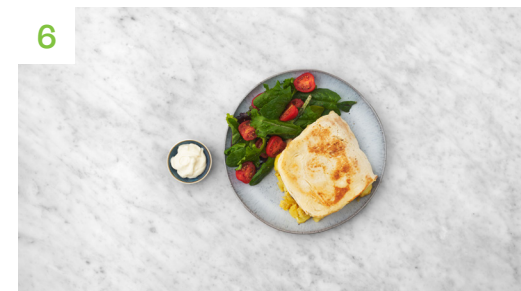
Finish Prepping

Meanwhile, halve the **baby plum tomatoes**.

In a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then set aside.

Add the **sugar for the onions** (see pantry for amount) to the **onion** pan and cook until caramelised, 1-2 mins.

Add the **garlic**, **curry powder**, **cumin seeds** and fry until fragrant, 1 min more.



Serve Up

Share the **stuffed naans** between your plates. Add the **mayo** (see pantry for amount) on the side for dipping. Serve the **tomato** and **baby leaf salad** alongside.

Enjoy!