



# Butternut Squash Korma Style Curry

with Tenderstem® Broccoli and Basmati Rice

4

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day • Veggie



Butternut Squash



Curry Powder Mix



Basmati Rice



Tenderstem® Broccoli



Garlic Clove



Korma Curry Paste



Vegetable Stock Paste



Creme Fraiche



Mango Chutney



Riced Cauliflower

#### Pantry Items

Oil, Salt, Pepper

Make it Lower Carb

If you chose to make this recipe lower carb, 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
Butternut Squash	1	1	1
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Tenderstem® Broccoli**	80g	150g	200g
Garlic Clove**	2	3	4
Korma Curry Paste <b>9</b>	50g	75g	100g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Crème Fraîche** <b>7</b>	150g	225g	300g
Mango Chutney	40g	60g	80g
Riced Cauliflower**	250g	500g	500g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>748g</b>	<b>100g</b>	<b>648g</b>	<b>100g</b>
Energy (kJ/kcal)	3162 / 756	423 / 101	2212 / 529	342 / 82
Fat (g)	30.8	4.1	31.3	4.8
Sat. Fat (g)	15.9	2.1	16.0	2.5
Carbohydrate (g)	110.7	14.8	52.3	8.1
Sugars (g)	30.3	4.1	32.9	5.1
Protein (g)	15.1	2.0	11.4	1.8
Salt (g)	3.06	0.41	3.07	0.47

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, 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.

## Contact

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## Roast the Butternut

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

Meanwhile, trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks.

Pop the **butternut** 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 out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



## Curry Up

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

Once hot, add the **korma curry paste**, **garlic** and remaining **curry powder mix**. Stir-fry for 1 min, then stir in the **veg stock paste** and **water for the curry** (see pantry for amount).



## Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and  $\frac{1}{4}$  **tsp salt** 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).

### Make it Lower Carb

If you've chosen the lower carb version, heat a medium frying pan on medium-high heat with a drizzle of **oil**. Once hot, add the **riced cauliflower** and cook until just soft, 3-4 mins. Season well with **salt** and **pepper**. Cover to keep warm until serving.



## Combine and Stir

Stir in the **broccoli** and bring to the boil. Once boiling, lower the heat, cover with a lid and simmer until the **broccoli** is just tender, 4-5 mins.

Next, stir in the **crème fraiche** and **mango chutney**. Bring back to the boil, then remove from the heat. Season with **salt** and **pepper**.



## Broccoli Time

While everything cooks, halve any thick **broccoli stems** lengthways, then cut them into thirds.

Peel and grate the **garlic** (or use a garlic press).



## Finish and Serve

Once the **butternut squash** is roasted, stir it through the **curry**. Return the pan to the heat to warm through. Add a splash of **water** if it's a little too thick.

Fluff up the **rice** with a fork and share between your plates, then top with your **korma style curry**.

## Enjoy!