



Veggie Tikka Masala and Basmati Rice

with Pepper, Courgette and Green Beans

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day • Veggie

19



Basmati Rice



Onion



Garlic Clove



Bell Pepper



Green Beans



Courgette



Tikka Masala Paste



Tomato Puree



Creme Fraiche



Vegetable Stock Paste



Chilli Flakes



Steamed Brown Basmati Rice

Pantry Items

Oil, Salt, Pepper

⚡ Make it Quick

If you chose to make this recipe quicker, 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

Saucepan, lid, garlic press, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion	1	1	2
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Courgette**	1	1.5	2
Tikka Masala Paste	75g	112g	150g
Tomato Puree	30g	45g	60g
Crema Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Chilli Flakes	1 pinch	1 pinch	2 pinches

Steamed Brown Basmati Rice**	1 pouch	2 pouches	2 pouches
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Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	150ml	225ml	300ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	723g	100g	623g	100g
Energy (kJ/kcal)	2827 / 676	391 / 93	2400 / 574	385 / 92
Fat (g)	30.5	4.2	32.5	5.2
Sat. Fat (g)	15.5	2.1	16.0	2.6
Carbohydrate (g)	91.1	12.6	57.5	9.2
Sugars (g)	19.9	2.8	19.8	3.2
Protein (g)	14.4	2.0	11.8	1.9
Salt (g)	2.84	0.39	2.86	0.46


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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.

 You can recycle me!

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook the Rice

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

Stir in the **rice** and **¼ 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 Quick

If you've chosen the quick version, cook the **rice** according to pack instructions, then set aside until serving.



Simmer and Stir

Pour the **crema fraiche**, **veg stock paste** and **water for the curry** (see pantry for amount) into the pan. Bring to the boil, stirring to combine, then reduce the heat to medium.

Stir in the **green beans**, then cover with a lid (or foil) and simmer until the **veg** is almost tender, 8-9 mins.

Remove the lid, then allow the **curry** to simmer until thickened, stirring occasionally, 3-4 mins.



Get Prepped

Meanwhile, halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Halve the **bell pepper** and discard the core and seeds. Cut into 1cm chunks.

Trim the **green beans** and cut into thirds.

Trim the **courgette**, then quarter lengthways. Chop widthways into 1cm pieces.



Finish Up

Once the **curry** has thickened and the **veg** has softened, remove from the heat.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Start your Curry

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

Once hot, add the **onion**, **courgette** and **pepper chunks** and cook, stirring occasionally, until softened, 4-5 mins.

Stir in the **garlic**, **tikka masala paste** and **tomato puree**. Cook for 1 min more.



Serve

Fluff up the **rice** with a fork and share between your bowls.

Spoon over your **veggie tikka masala** and sprinkle over the **chilli flakes** if you'd like (add less if you'd prefer things milder).

Enjoy!