



Korma Spiced Pea and Potato Cakes

with Baby Plum Tomato Salad and Coriander Yoghurt

Classic 45-50 Minutes • **Mild Spice** • 1 of your 5 a day • Veggie

21



Potatoes



Garlic Clove



Coriander



Baby Plum Tomatoes



Red Wine Vinegar



Peas



Korma Curry Paste



Breadcrumbs



Greek Style Natural Yoghurt



Baby Leaf Mix



Mango Chutney

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, 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

Kettle, saucepan, bowl, colander, potato masher and baking tray.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Baby Plum Tomatoes	125g	190g	250g
Red Wine Vinegar 14	12ml	18ml	24ml
Peas**	120g	180g	240g
Korma Curry Paste 9	50g	75g	100g
Breadcrumbs 13	50g	75g	100g
Greek Style Natural Yoghurt** 7	75g	150g	150g
Baby Leaf Mix**	50g	70g	100g
Mango Chutney	40g	80g	80g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	10g	15g	20g
Salt*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	508g	100g
Energy (kJ/kcal)	2479 /593	489 /117
Fat (g)	18.5	3.6
Sat. Fat (g)	6.7	1.3
Carbohydrate (g)	92.6	18.2
Sugars (g)	24.1	4.7
Protein (g)	14.4	2.8
Salt (g)	3.97	0.78

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

Allergens

7) Milk **9)** Mustard **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.

Contact

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Boil the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 9. Boil a full kettle.

Meanwhile, peel and chop the **potatoes** into 2cm chunks. Peel the **garlic cloves**.

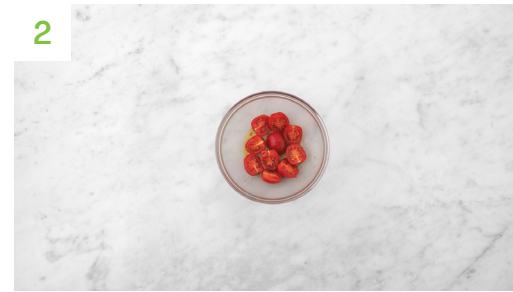
Pour the **boiled water** into a large saucepan on high heat with ½ **tsp salt**. Add the **potatoes** and **garlic cloves** to the **water** and cook until just tender, 12-14 mins.



Make your Potato Cakes

Allow the **potato mixture** to cool slightly, then shape into 2cm thick patties, 3 per person. Transfer the **potato cakes** to a large, lightly **oiled** baking tray.

Drizzle with **oil**, then bake on the top shelf of your oven until golden, 24-26 mins. Carefully turn halfway through.



Do the Prep

Meanwhile, roughly chop the **coriander** (stalks and all).

Halve the **baby plum tomatoes**.

In a medium bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

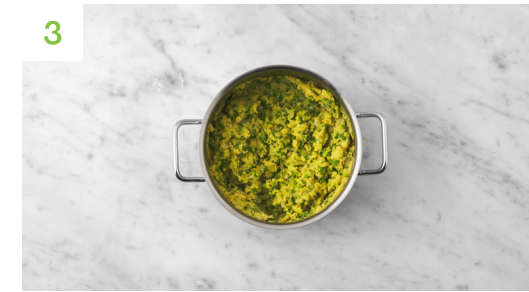
Add the **tomatoes**, toss to coat, then set aside.



Finishing Touches

Meanwhile, in a small bowl, combine the **yoghurt** and remaining **coriander**. Season with **salt**.

When everything's ready, add the **baby leaves** to the **tomato bowl** and toss to coat. **TIP: Don't add the leaves too early or they'll go soggy.**



Time to Mash

When the **potatoes** have 1 min remaining, add the **peas** to the same pan.

Cook for the remaining time, then drain in a colander and allow to steam, uncovered, for 2 mins.

Return to the pan, off the heat. Add the **korma curry paste**, **butter** and **salt** (see pantry for both amounts). Season with **pepper**.

Mash the **potatoes** and **peas**, ensuring the **mixture** isn't too smooth so that some chunks of **potato** remain. Stir in the **breadcrumbs** and **half the coriander**.



Serve Up

Share the **pea and potato cakes** between your plates. Drizzle over the **mango chutney**.

Serve the **tomato salad** and **coriander yoghurt** alongside.

Enjoy!