



Cheesy Curried Beans and Mash

with Cucumber and Baby Leaf Salad

21

Quick 20-25 Minutes • **Mild Spice** • 2 of your 5 a day



Potatoes



Garlic Clove



Cucumber



Butter Beans



Mature Cheddar Cheese



North Indian Style Spice Mix



Tomato Passata



Vegetable Stock Paste



Red Wine Vinegar



Mango Chutney



Baby Leaf Mix



Diced Chorizo

Pantry Items

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

+ Add Diced Chorizo

If you chose to add diced chorizo, 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

Kettle, saucepan, garlic press, sieve, grater, frying pan, bowl, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Cucumber**	½	¾	1
Butter Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	80g	120g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	10g	15g	20g
Red Wine Vinegar 14)	12ml	18ml	24ml
Mango Chutney	40g	60g	80g
Baby Leaf Mix**	50g	70g	100g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Butter for the Sauce*	20g	30g	40g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	672g	100g	717g	100g
Energy (kJ/kcal)	2721 / 650	405 / 97	3550 / 848	495 / 118
Fat (g)	26.0	3.9	42.3	5.9
Sat. Fat (g)	13.0	1.9	19.1	2.7
Carbohydrate (g)	79.2	11.8	81.1	11.3
Sugars (g)	20.9	3.1	21.2	2.9
Protein (g)	23.5	3.5	34.7	4.8
Salt (g)	3.22	0.48	5.80	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

7) Milk 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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Get Started

- Boil a full kettle.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Pour the **boiling water** into a large saucepan with **½ tsp salt**.
- Add the **potato chunks** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



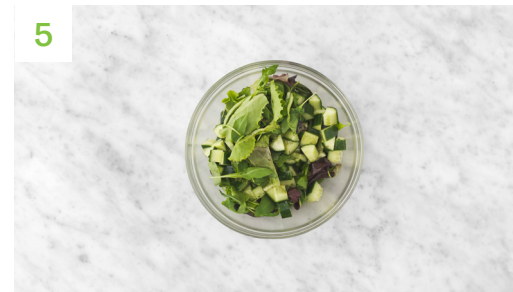
Make the Mash

- Meanwhile, in large bowl, combine the **red wine vinegar** and **sugar for the dressing** (see pantry for amount). Add the **cucumber**, season with **salt** and **pepper**, then toss to coat.
- Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.
- Season with **salt** and **pepper**. Cover with a lid to keep warm.



Time to Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim the **cucumber** (see ingredients for amount), then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.
- Drain and rinse the **butter beans** in a sieve. Grate the **cheese**.



Finishing Touches

- Once the **sauce** has thickened, stir through the **mango chutney** and **butter** (see pantry for amount). Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if you feel it needs it. Remove from the heat.
- Next, add the **olive oil for the dressing** (see pantry for amount) to the bowl with the **cucumber**.
- Just before you're ready to serve, toss the **baby leaves** through the **dressing**.

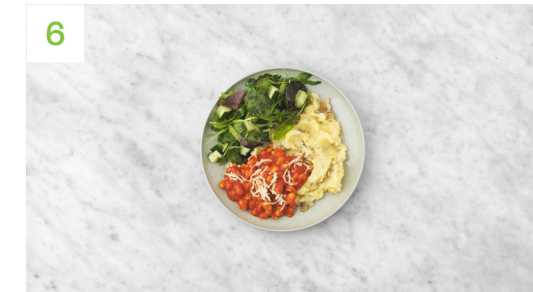


Simmer the Sauce

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic** and **North Indian style spice mix** and fry until fragrant, 1 min.
- Stir in the **passata**, **veg stock paste**, **butter beans** and **water for the sauce** (see pantry for amount). Season with **salt** and **pepper**.
- Bring to a boil, then lower the heat and simmer until thickened, 4-5 mins.

+ Add Diced Chorizo

If you're adding **chorizo**, add to the pan with the **flavourings**, then continue as instructed.



Serve Up

- Share the **mash** between your plates and top with the **curried beans**.
- Sprinkle the **cheese** over the **beans**.
- Serve with the **salad** alongside.

Enjoy!