



Butternut Squash Korma Style Curry

with Tenderstem® Broccoli and Basmati Rice

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

19



Butternut Squash



Curry Powder Mix



Basmati Rice



Tenderstem®
Broccoli



Garlic Clove



Korma Curry Paste



Vegetable Stock
Paste



Creme Fraiche



Mango Chutney



Diced British
Chicken Breast

Pantry Items

Oil, Salt, Pepper

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



A comforting and mildly spiced Indian favourite, korma sauce pairs well with any kind of veg or protein. Here, this veg-filled version heroes butternut squash and Tenderstem® for a colourful meal.

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 9)	50g	75g	100g
Vegetable Stock Paste	10g	15g	20g
Crema Fraiche** 7)	150g	225g	300g
Mango Chutney	40g	60g	80g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	748g	100g	878g	100g
Energy (kJ/kcal)	3163 /756	423 /101	3810 /911	434 /104
Fat (g)	30.8	4.1	33.1	3.8
Sat. Fat (g)	15.9	2.1	16.5	1.9
Carbohydrate (g)	110.7	14.8	110.8	12.6
Sugars (g)	30.3	4.1	30.4	3.5
Protein (g)	15.1	2.0	46.6	5.3
Salt (g)	3.06	0.41	3.25	0.37

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

Allergens

7) Milk 9) Mustard

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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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).

+ Add Chicken Breast

If you're adding **chicken**, add to the pan before the flavourings. Fry, 4-5 mins, then continue as instructed. The **chicken** will cook through while simmering.

IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



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.

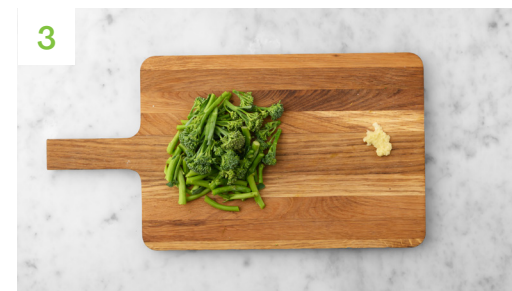
Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



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 **crema 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!