



Creamy Roasted Vegetable Curry with Naans and Soured Cream

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

18



Sweet Potato



Cauliflower Florets



Garlic Clove



Tomato Puree



Korma Curry Paste



North Indian
Style Spice Mix



Vegetable Stock
Paste



Plain Naans



Soured Cream



King Prawns

Pantry Items

Oil, Salt, Pepper, Honey

+ Add King Prawns

If you chose to add king prawns,
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, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Cauliflower Florets**	300g	450g	600g
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Korma Curry Paste 9)	50g	75g	100g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste	10g	15g	20g
Plain Naans 7) 13)	2	3	4
Soured Cream** 7)	150g	225g	300g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Curry*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	641g	100g	716g	100g
Energy (kJ/kcal)	3518 /841	549 /131	3710 /887	518 /124
Fat (g)	30.4	4.7	30.8	4.3
Sat. Fat (g)	10.5	1.6	10.6	1.5
Carbohydrate (g)	117.2	18.3	117.2	16.4
Sugars (g)	29.2	4.6	29.2	4.1
Protein (g)	23.0	3.6	33.5	4.7
Salt (g)	3.72	0.58	4.73	0.66


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

Allergens

5) Crustaceans 7) Milk 9) Mustard 13) Cereals containing gluten

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.

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Prep the Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 1cm chunks (no need to peel). Halve or quarter any large **cauliflower florets**.
- Pop the **sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. When the oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.



Simmer your Curry

- Next, stir in the **veg stock paste**, **honey** and **water for the curry** (see pantry for both amounts). Season with **salt** and **pepper**.
- Bring to the boil, then reduce the heat to medium.
- Simmer, stirring occasionally, until the **sauce** has thickened, 4-5 mins.



Roast the Cauli

- Pop the **cauliflower** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Roast on the middle shelf of your oven until golden and tender, 16-18 mins. Turn halfway through.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



Combine and Stir

- Meanwhile, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.
- Once the **curry sauce** has thickened, remove from the heat. Stir through the **roasted veg** and **three quarters** of the **soured cream**.
- Add a splash of **water** if it's a little too thick. Taste and season with **salt** and **pepper** if needed.



Spice Things Up

- Heat a drizzle of **oil** in a large frying pan on medium heat.
- Once hot, add the **tomato puree**, **korma curry paste**, **North Indian style spice mix** and **garlic**. Stir-fry until fragrant, 1-2 mins.

+ Add King Prawns

If you're adding **prawns**, drain them, then add to the pan with the **garlic**. Stir-fry, 2-3 mins. The **prawns** will cook through while simmering. **IMPORTANT: Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.**



Finish and Serve

- When everything's ready, share the **roasted veg curry** between your bowls. Finish with a dollop of the remaining **soured cream**.
- Slice up the **naans** and serve alongside for dipping and scooping.

Enjoy!