



# Creamy Broccoli and Pea Tikka Masala

with Basmati Rice and Peas

17

**Rapid** 20 Minutes • Mild Spice • 3 of your 5 a day • Veggie



Broccoli Florets



White Cumin Seeds



Basmati Rice



Garlic Clove



Tikka Paste



Tomato Passata



Vegetable Stock Paste



Creme Fraiche



Peas



Red Pepper Chilli Jelly

### Recipe Update

Due to quality issues with **cauliflower florets**, you'll instead receive **broccoli florets**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### Pantry Items

Oil, Salt, Pepper, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, baking tray, saucepan, sieve, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Broccoli Florets**	200g	300g	400g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Tikka Paste	75g	112g	150g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Crème Fraîche** <b>7)</b>	75g	150g	150g
Peas**	120g	180g	240g
Red Pepper Chilli Jelly	25g	37g	50g

Pantry	2P	3P	4P
Water for the Curry*	75ml	120ml	150ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	500g	100g
Energy (kJ/kcal)	2959 /707	592 /141
Fat (g)	28.7	5.7
Sat. Fat (g)	13.7	2.7
Carbohydrate (g)	98.2	19.7
Sugars (g)	23.1	4.6
Protein (g)	17.2	3.4
Salt (g)	3.35	0.67

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Roast the Broccoli

- Preheat your oven to 220°C/200°C fan/gas mark 7. Fill and boil your kettle.
- Halve any large **broccoli florets**. Pop them onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, then sprinkle over **half** the **cumin seeds**.
- When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 12-15 mins. Turn halfway through.



## Simmer and Stir

- Pour the **passata**, **veg stock paste** and **water for the curry** (see pantry for amount) into the pan.
- Stir through the **crème fraîche**.
- Bring to the boil, then turn the heat down slightly. Simmer until thickened, 4-5 mins, stirring occasionally.



## Cook the Rice

- While the **broccoli** roasts, pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Bring on the Veg

- Once the **sauce** has thickened, stir through the **peas**, **red pepper chilli jelly** and **butter** (see pantry for amount).
- Once cooked, gently stir the **roasted broccoli** through the **sauce**.
- Cook until piping hot, 1-2 mins, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed.



## Build the Spicy Flavour

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **tikka paste**, **garlic** and remaining **cumin seeds**. Stir-fry until fragrant, 30 secs.



## Serve

- When everything's ready, fluff up the **rice** with a fork, then share between your bowls.
- Spoon over the **broccoli and pea tikka masala**.

## Enjoy!