

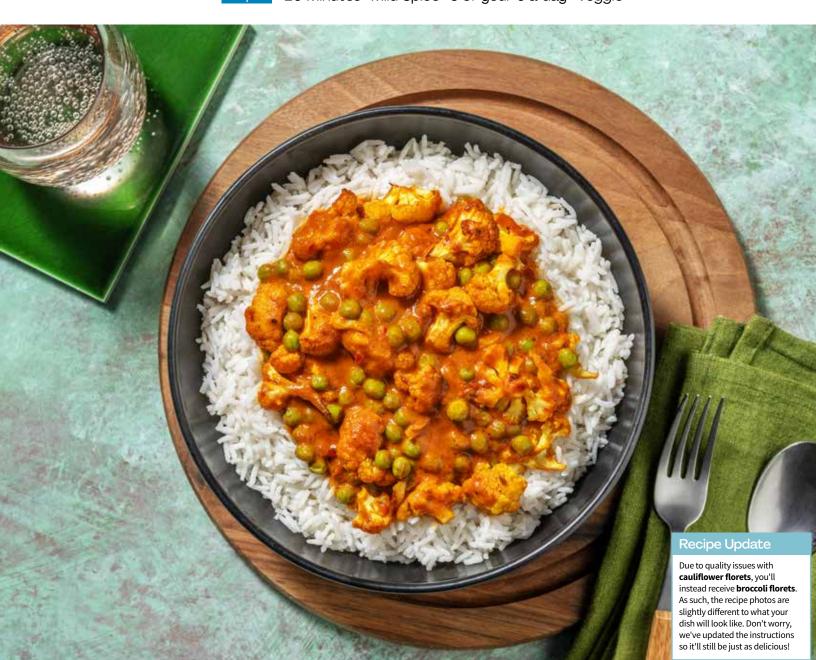
Creamy Broccoli and Pea Tikka Masala

with Basmati Rice and Peas



20 Minutes · Mild Spice · 3 of your 5 a day · Veggie









Broccoli Florets







Basmati Rice

Garlic Clove





Tomato Passata

Creme Fraiche

Tikka Paste



Vegetable Stock





Red Pepper Chilli Jelly

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 10)	10g	15g	20g	
Creme Fraiche** 7)	75g	150g	150g	
Peas**	120g	180g	240g	
Red Pepper Chilli Jelly	25g	37g	50g	
Pantru	2P	3P	4P	
Water for the Curry*	75ml	120ml	150ml	
Butter*	20g	30g	40g	
*NI=+ I ==				

*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.

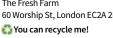
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HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Roast the Broccoli

- a) Preheat your oven to 220°C/200°C fan/gas mark 7. Fill and boil your kettle.
- b) 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.
- c) When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 12-15 mins. Turn halfway through.



Cook the Rice

- a) While the broccoli roasts, pour the boiled water into a large saucepan with 1/4 tsp salt on high heat.
- **b)** Add the **rice** and cook for 10-12 mins.
- c) 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.



Build the Spicy Flavour

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



Simmer and Stir

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



Bring on the Veg

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



Serve

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

Enjoy!