



Creamy Roasted Butternut Curry

with Green Beans, Basmati Rice and Cashews

Classic 40-45 Minutes • Mild Spice • 5 of your 5 a day

45



Butternut Squash



Onion



Garlic Clove



Green Beans



Basmati Rice



Cashew Nuts



Tomato Puree



Tikka Paste



Vegetable Stock Paste



Creme Fraiche



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

Baking tray, garlic press, saucepan, lid and bowl.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	2
Onion**	1	1	2
Garlic Clove**	2	3	4
Green Beans**	150g	200g	300g
Basmati Rice	150g	225g	300g
Cashew Nuts 2)	25g	40g	50g
Tomato Puree	30g	30g	60g
Tikka Paste	75g	112g	150g
Vegetable Stock Paste 10)	10g	15g	20g
Crema Fraiche** 7)	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	635g	100g	765g	100g
Energy (kJ/kcal)	3011/720	475/113	3658/874	479/114
Fat (g)	24.5	3.9	26.9	3.5
Sat. Fat (g)	9.2	1.5	9.9	1.3
Carbohydrate (g)	112.4	17.7	112.5	14.7
Sugars (g)	29.7	4.7	29.8	3.9
Protein (g)	17.7	2.8	49.2	6.4
Salt (g)	2.88	0.45	3.08	0.40

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

Allergens

2) Nuts **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 Squash

Preheat your oven to 240°C/220°C fan/gas mark 9.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks.

Pop the **diced butternut** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then 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 and cooked through, 18-20 mins. Turn halfway through.



Bring on the Curry

Heat a large saucepan on medium heat (no oil).

Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** *Watch them like a hawk as they can burn easily.*

Transfer to a bowl, then pop the pan back on medium heat with a drizzle of **oil**. Once hot, add the **onion** and stir-fry until softened, 4-5 mins.

Stir in the **garlic**, **tomato puree** and **tikka paste**. Cook for 1 min, stirring continuously, then pour in the **sugar** and **water for the curry** (see pantry for both amounts) and **veg stock paste**.



Get Prepped

Halve, peel and thinly slice the **onion**.

Peel and grate the **garlic** (or use a garlic press).

Trim the **green beans**, then cut into thirds.



Simmer and Stir

Stir the **green beans** into the **curry**, bring to a boil, then lower the heat. Cover with a lid (or foil), then cook until tender, 10-12 mins.

When the **beans** are tender, stir in the **creme fraiche** until combined. Remove from the heat. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's too thick.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan with **green beans**, then continue to cook as instructed for 10-12 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ 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).



Finish and Serve

Once cooked, stir the **roasted squash** through the **curry**, reheating the **curry sauce** if necessary.

Fluff up the **rice** with a fork and share between your bowls. Top with the **creamy curry** and sprinkle with the **cashews** to finish.

Enjoy!