



Creamy Roasted Butternut Squash Curry with Green Beans, Basmati Rice and Cashews

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

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Butternut Squash



Onion



Garlic Clove



Green Beans



Basmati Rice



Cashew Nuts



Tomato Puree



North Indian
Style Spice Mix



Vegetable Stock
Paste



Creme Fraiche

Pantry Items
Oil, Salt, Pepper

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
North Indian Style Spice Mix	2 sachets	2 sachets	4 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Crema Fraiche** 7)	150g	225g	300g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3206 / 766	508 / 121
Fat (g)	32.1	5.1
Sat. Fat (g)	16.4	2.6
Carbohydrate (g)	109.3	17.3
Sugars (g)	26.6	4.2
Protein (g)	17.7	2.8
Salt (g)	1.33	0.21

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 - they need to be small so they can cook quickly.

Pop the **squash** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through.



Start your 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 **North Indian style spice mix**. Cook for 1 min, stirring continuously, then pour in the **water for the curry** (see pantry for amount) and **veg stock paste**. Stir to combine well.



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.



Bring on the Beans

Stir the **green beans** into the **curry**, bring to a simmer, then lower the heat. Cover with a lid or some foil.

Cook until the **beans** are tender, about 10-12 mins. **TIP: The mixture will be quite thick, so stir it occasionally to stop it from sticking.**

When the **beans** are tender, stir in the **creme fraiche** until completely combined. Remove from the heat if the **butternut squash** hasn't finished cooking yet.



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**.

Bring back to the boil, adding a splash of **water** if it's a little thick, then remove from the heat. Taste and season with **salt** and **pepper** if needed.

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

Enjoy!