



Indian Inspired Vegetable Pilaf

with Mango Chutney, Yoghurt and Flaked Almonds

Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day • Veggie

20



Bell Pepper



Garlic Clove



Basmati Rice



Sliced Mushrooms



Rogan Josh Curry Paste



White Cumin Seeds



Vegetable Stock Paste



Peas



Mango Chutney



Greek Style Natural Yoghurt



Toasted Flaked Almonds

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

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

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1	2
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Sliced Mushrooms**	80g	120g	180g
Rogan Josh Curry Paste	1 sachet	1½ sachets	2 sachets
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	15g	25g	30g
Peas**	120g	180g	240g
Mango Chutney	1 sachet	1 sachet	2 sachets
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Toasted Flaked Almonds 2)	15g	25g	25g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	360g	100g
Energy (kJ/kcal)	2409 /576	669 /160
Fat (g)	15.6	4.3
Sat. Fat (g)	3.5	1.0
Carbohydrate (g)	91.8	25.1
Sugars (g)	24.0	6.7
Protein (g)	16.5	4.6
Salt (g)	3.34	0.93

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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Get Prepped

Boil a full kettle.

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).

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.



Sauce Things Up

Stir in the **water for the sauce** (see pantry for amount) and **vegetable stock paste**.

Bring to the boil, then lower the heat and simmer until slightly thickened, 1-2 mins.



Fry your Veg

Meanwhile, heat a drizzle of **oil** in large frying pan on medium-high heat.

Once the **oil** is hot, add the **mushrooms** and **pepper**. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.



Combine your Pilaf

Once thickened, add the **peas** and the **cooked rice** to the pan and gently mix together until combined.

Cook, stirring, until piping hot, 1-2 mins, then remove from the heat.

Stir through the **mango chutney** and season with **salt** and **pepper**.



Add the Flavour

Add the **garlic**, **rogan josh curry paste** and **cumin seeds** to the pan. Stir-fry until fragrant, 1 min.



Serve

Share the **veggie pilaf** between your bowls.

Top with a dollop of **yoghurt** and sprinkle over the **flaked almonds** to finish.

Enjoy!