



Roasted Butternut Squash Curry

with Green Beans and Fluffy Rice

Nº 12

FAMILY Hands on Time: 25 Minutes • Total Time: 40 Minutes • 2 of your 5 a day • Veggie



Butternut Squash



Onion



Garlic Clove



Green Beans



Basmati Rice



Tomato Puree



North Indian Style Curry Powder



Vegetable Stock Powder



Soured Cream



Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Measuring Jug and Two Saucepans (with a Lid).

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	2
Onion**	1	1	2
Garlic Clove**	2	3	4
Green Beans**	1 small pack	1 large pack	2 small packs
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Tomato Puree	1 sachet	1 sachet	2 sachets
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Water for the Curry*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Soured Cream 7) **	1 pouch	1½ pouches	2 pouches

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	547g	100g
Energy (kJ/kcal)	2406 /575	440 /105
Fat (g)	18	3
Sat. Fat (g)	10	2
Carbohydrate (g)	91	17
Sugars (g)	19	4
Protein (g)	13	3
Salt (g)	1.05	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Roast the Squash

Preheat your oven to 220°C. Trim the **butternut squash**, halve lengthways, scoop out the seeds. Chop widthways into 1cm slices, chop into 1cm chunks (no need to peel) - it needs to be cut really small or it'll take a long time to cook. Place on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread evenly in a single layer and roast on the top shelf of your oven until soft and golden, 25-30 mins, turning halfway.



2. Finish the Prep

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** then chop into thirds.



3. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add a pinch of **salt** and stir in the **rice**. Lower the heat to medium and pop a lid on the pan. 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).



4. Start the Curry

Heat a drizzle of **oil** in a saucepan on medium heat. Once the **oil** is hot, add the **onion**. Cook until softened, 5 mins, stirring occasionally. Once the **onion** is soft, add in the **garlic**, **tomato puree** and **North Indian-style spice mix**. Cook for 1 minute, stirring continuously. Then pour in the **water** for the curry (see ingredient list for amount) and stir in the **vegetable stock powder**.



5. Simmer

Add the **green beans**, stir everything together, bring to a simmer, then reduce the heat. Cover the pan with a lid or foil. Cook until the **beans** are tender, about 8 mins. The curry will be quite thick so check occasionally to make sure it is not catching - stir if necessary. When the **beans** are tender, pour in the **soured cream** and stir until combined.



6. Finish and Serve

Add the **roasted squash** to the **curry**, together with any **cooking juices** from the baking tray and stir in gently until well combined. Bring the **mixture** to the boil again and add a splash of **water** if it's a bit thick. Remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it. Fluff up the **rice** with a fork and divide between bowls. Top with your **curry**.

Enjoy!