



Roasted Butternut Squash Curry with Fluffy Rice

Customer Favourites 40 Minutes • Little Spice • 2 of your 5 a day • Veggie

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Butternut Squash



Onion



Garlic Clove



Green Beans



Basmati Rice



Tomato Puree



North Indian Style
Curry Powder



Vegetable Stock Paste



Soured Cream

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	2
Onion**	1	1	2
Garlic Clove	2	3	4
Green Beans**	150g	200g	300g
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	2 sachets	2 sachets	4 sachets
Water for Curry*	150ml	225ml	300ml
Vegetable Stock Paste 10	10g	15g	20g
Soured Cream 7 **	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	607g	100g
Energy (kJ/kcal)	2492/596	411/98
Fat (g)	16	3
Sat. Fat (g)	14	2
Carbohydrate (g)	98	16
Sugars (g)	20	3
Protein (g)	15	2
Salt (g)	1.12	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10** Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Roast the Squash

Preheat your oven to 220°C. Trim the **butternut squash**, halve lengthways and scoop out the seeds. Chop widthways into 1cm slices, then chop into 1cm chunks (no need to peel). **TIP:** *They need to be cut really small so they cook quickly.* Pop on a large baking tray in a single layer, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until soft and golden, 25-30 mins, turn halfway.



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.



Cook the Rice

Pour the cold **water** for the rice (see ingredients for amount) into a medium saucepan with a tight fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Start the Curry

Heat a drizzle of **oil** in a saucepan on medium heat. Once hot, add the **onion**. Cook until softened, 4-5 mins, stirring occasionally. Once the **onion** is soft, add 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 ingredient list for amount) and stir in the **vegetable stock**.



Simmer

Add the **green beans**, stir together well, bring to a simmer, then reduce the heat. Cover the pan with a lid or some tightly fitting kitchen foil. Cook until the **beans** are tender, about 10-12 mins. **TIP:** *The mixture will be quite thick so check occasionally to make sure it is not catching and stir if necessary.* When the **beans** are tender, pour in the **soured cream** and stir until completely combined. Remove from the heat if the **butternut** hasn't finished cooking.



Finish and Serve

Once cooked, add the **roasted squash** to the **curry**, together with any **cooking juices** from the baking tray and stir gently until well combined. Bring the **mixture** back up to the boil on medium heat 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 it between bowls. Top with your **curry**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.