



Korma Spiced Butternut Squash Pie

with Cheesy Mash Top and Green Beans

Calorie Smart 40-45 Minutes • Mild Spice • 2 of your 5 a day • Veggie

23



Butternut Squash



Curry Powder Mix



Potatoes



Garlic Clove



Mature Cheddar Cheese



Korma Curry Paste



Tomato Puree



Creme Fraiche



Vegetable Stock Paste



Baby Spinach



Green Beans

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, baking tray, grater, frying pan, kettle, colander, potato masher, lid and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash	1	1	2
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Mature Cheddar Cheese**	30g	40g	60g
Korma Curry Paste 9)	50g	75g	100g
Tomato Puree	30g	45g	60g
Creme Fraiche** 7)	75g	112g	150g
Vegetable Stock Paste	10g	15g	20g
Baby Spinach**	40g	70g	100g
Green Beans**	80g	120g	150g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	742g / 2516 / 601	100g / 339 / 81
Fat (g)	23.9	3.2
Sat. Fat (g)	11.7	1.6
Carbohydrate (g)	84.4	11.4
Sugars (g)	25.2	3.4
Protein (g)	16.5	2.2
Salt (g)	3.23	0.43

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

Allergens

7) Milk 9) Mustard

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1-2cm chunks.

Pop the **diced butternut** onto a large baking tray.

Sprinkle the **butternut** with **half** the **curry powder mix**. 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.**



Grill Time

Preheat your grill to high. Boil a half-full kettle.

Once the **potatoes** and **garlic** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

Transfer the **korma mixture** to an appropriately-sized ovenproof dish. Top with the **mash**, using the back of a spoon to smooth it out. Sprinkle over the **cheese**, then grill until golden and bubbling, 5-6 mins.



Boil the Potatoes

When the oven is hot, roast the **butternut** on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.

In the meantime, chop the **potatoes** into 2cm chunks (peel first if you prefer). Peel the **garlic**.

When your pan of **water** is boiling, add the **potatoes** and **garlic** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, grate the **cheese**.



Simmer the Beans

Meanwhile, trim the **green beans**. Wipe out the saucepan.

Pour the **boiled water** into the (now empty) saucepan with ½ **tsp salt** and heat on high.

Bring the **water** back to the boil, then add the **green beans** and cook until just tender, 4-6 mins.

Once cooked, drain in a colander, then return to the pan. Season with **salt** and **pepper**. Toss in **olive oil**.



Curry Up

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **korma curry paste**, **tomato puree** and remaining **curry powder**. Fry until fragrant, 1 min.

Pour the **creme fraiche**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the pan. Bring to the boil, then simmer until slightly thickened, 3-4 mins.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Once the **veg** has roasted, stir it into the **sauce**. Taste, season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



Serve Up

When everything's ready, divide the **korma pie** between your plates.

Serve with the **green beans** on the side.

Enjoy!