



# BUTTERNUT CURRY

with Chickpeas & Green Beans



## HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Butternut Squash



Green Beans



Coriander



Chickpeas



Jalfrezi Spice Blend



Tomato Purée



Vegetable Stock Pot



Turmeric



Basmati Rice



Greek Yoghurt

MEAL BAG

40 mins

3 of your 5 a day

Medium heat

Veggie

We've tried our fair share of curry recipes in the HelloFresh development kitchen, but Andre's stand-out veggie showstopper left us reaching for seconds... and thirds. Packed with vibrant vegetables and pulses, topped with fresh coriander, and served on a bed of basmati rice, it's hard to decide which part we love most about it. For a curry that will nourish you from the inside out, this recipe is a no-brainer.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Sieve**, two **Large Saucepans (with Lids)** and a **Measuring Jug**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Halve the **butternut squash** lengthways (no need to peel!) and scoop out the **seeds**. Chop into 2cm pieces. Trim the tops from the **green beans**, then chop into thirds. Roughly chop the **coriander** (stalks and all). Drain and rinse the **chickpeas** in a sieve.



### 2 START THE CURRY

Heat a splash of **oil** in a large saucepan over medium-high heat. Add the **butternut**, stir and cook until it begins to soften, 5 mins. Add the **jalfrezi spice blend**, **half** the **coriander** and the **tomato purée**. Stir and cook until fragrant, 1 minute. Add the **chickpeas** and the **water** (see ingredients for amount).



### 3 SIMMER THE CURRY

Bring to the boil, then stir in **half** the **stock pot**. Stir to dissolve the **stock pot**, then lower the heat to medium. Put the lid on and leave the **curry** to bubble away until the **butternut** and **lentils** are soft, 20-25 mins. Stir every now and then to make sure the **lentils** aren't catching on the bottom of the pan.



### 4 COOK THE RICE

Meanwhile, pour the **water** (see ingredients for amount) into another large saucepan along with the **turmeric** and remaining **stock pot**. Bring to the boil and stir to dissolve the **stock pot**, then pour in the **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove the pan from the heat and set aside (still covered) for another 10 mins. **★ TIP:** The rice will finish cooking in its own steam.



### 5 ADD THE GREEN BEANS

When the **curry** has been cooking for 15 mins, add the **green beans**, stir and pop the lid back on. Cook until the **beans** are tender, 7-10 mins. When the **beans** are cooked, remove the **curry** from the heat and stir in **half** the **Greek yoghurt**. Add a splash of **water** if the **curry** is a bit thick. Season to taste with **salt** and **pepper** if needed.



### 6 FINISH AND SERVE

Fluff up the **rice** with a fork and stir through the remaining **coriander**. Share the **rice** between your bowls and top with the **butternut curry**. Finish with a generous dollop of remaining **yoghurt**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Butternut Squash, chopped	1 small
Green Beans, chopped	1 small pack
Coriander, chopped	1 bunch
Chickpeas	1 carton
Jalfrezi Spice Blend	1½ tsp
Tomato Purée	1 sachet
Water for the Curry*	250ml
Vegetable Stock Pot 10) 14)	1
Water for the Rice*	300ml
Turmeric	¾ tsp
Basmati Rice	150g
Greek Yoghurt 7)	1 pouch

\*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 465G	PER 100G
Energy (kcal)	580	125
(kJ)	2425	522
Fat (g)	11	2
Sat. Fat (g)	6	1
Carbohydrate (g)	99	21
Sugars (g)	18	4
Protein (g)	21	5
Salt (g)	2.81	0.61

### ALLERGENS

7) Milk 10) Celery 14) Sulphites

**Vegetable Stock Pot:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [Contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

**Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.**

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

**HelloFresh UK**  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

Packed in the UK

**HelloFRESH**