



# Butternut Squash Korma Style Curry with Tenderstem® Broccoli and Basmati Rice

**Classic** 35 Minutes • Little Spice • 1 of your 5 a day • Veggie

21



Basmati Rice



Diced Butternut Squash



Shallot



Tenderstem® Broccoli



Korma Curry Paste



Honey



Vegetable Stock Paste



Creme Fraiche Paste

## Before you start

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

## Cooking tools, you will need:

Saucepan (with Lid), Baking Tray and Frying Pan.

## Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Diced Butternut Squash**	300g	450g	600g
Shallot**	1	1	2
Tenderstem® Broccoli**	150g	200g	300g
Korma Curry Paste** 9)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Water for Curry*	100ml	150ml	200ml
Creme Fraiche** 7)	75g	120g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>402g</b>	<b>100g</b>
Energy (kJ/kcal)	2381/569	593/142
Fat (g)	18	5
Sat. Fat (g)	8	2
Carbohydrate (g)	86	21
Sugars (g)	19	5
Protein (g)	13	3
Salt (g)	2.47	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 9) Mustard 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, Soy, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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You can recycle me!



## Cook the Rice

Preheat the oven to 200°C. 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).



## Cook the Butternut

Pop the **diced butternut squash** onto 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.



## Get Prepped

Meanwhile, halve, peel and chop the **shallot** into small pieces. 10-12 mins before the **butternut squash** is ready, add the **broccoli** to the tray. Drizzle with **oil**, and cook until lightly charred.



## Make the Sauce

Heat a drizzle of **oil** in a large frying pan. Once hot, add the **shallot** and cook until softened, 3-4 mins, stirring occasionally. Once softened, add the **korma curry paste, honey, vegetable stock paste, and water for the curry** (see ingredients for amount), stir together. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.** Bring to the boil and simmer until thickened, 4-5 mins, stirring occasionally. Add the **creme fraiche** and stir until fully combined. Remove from the heat.



## Add the Veg

Once the **butternut squash** and **broccoli** are roasted, stir it into the **curry**. Bring to the boil and simmer for 1-2 mins.



## Serve

Taste and season the **curry** with **salt** and **pepper** if needed. **TIP: Add a splash more water if the curry looks dry.** Divide the **rice** between plates and top with the **korma style 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.