



# Cauliflower, Potato and Green Bean Curry with Toasted Cashews and Garlic Rice

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day • Veggie



- Baking Potato
- Garlic Clove
- Basmati Rice
- Cauliflower
- Curry Powder
- Echalion Shallot
- Green Beans
- Cashew Nuts
- Tikka Paste
- Tomato Passata
- Creme Fraiche

Pantry Items  
Butter

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, saucepan, lid and frying pan.

## Ingredients

	2P	3P	4P
Baking Potato	1	2	2
Garlic Clove**	2	3	4
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Cauliflower**	1	1	2
Curry Powder	1 sachet	1 sachet	2 sachets
Echalion Shallot**	1	2	2
Green Beans**	80g	120g	150g
Cashew Nuts 2)	25g	40g	40g
Tikka Paste	75g	112g	150g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Curry*	100ml	150ml	200ml
Crème Fraîche** 7)	75g	120g	150g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	770g	100g
Energy (kJ/kcal)	3603/861	468/112
Fat (g)	35.0	4.5
Sat. Fat (g)	15.2	2.0
Carbohydrate (g)	109.7	14.2
Sugars (g)	18.1	2.4
Protein (g)	21.6	2.8
Salt (g)	2.37	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nuts 7) Milk

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, milk, egg, mustard, celery, soya, 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.

## Contact

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### Roast the Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potato** into 2cm chunks (no need to peel). Pop onto a large baking tray. 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.**

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

Meanwhile, peel and grate the **garlic** (or use a garlic press).



### Toast the Cashews

Heat a large frying pan on medium heat (no oil).

Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch them like a hawk as they can burn easily.** Transfer to a bowl, then set aside.

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**. Once hot, add the **shallot** and **green beans**. Cook until softened, 3-4 mins.



### Make the Garlic Rice

Pop a medium saucepan (with a tight-fitting lid) on medium-high heat.

Melt in the **butter** (see ingredients for amount). When hot, add **half** the **garlic** and stir-fry for 1 min. Stir in the **rice**, **¼ tsp salt** and the **cold water for the rice** (see ingredients for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



### Curry Up

Once the **veg** has softened, stir the **tikka paste** and remaining **garlic** into the pan.

Cook for 1 min, then stir in the **passata** and **water for the curry** (see ingredients for amount). Season with **salt** and **pepper**.

Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.

Once thickened, stir in the **roasted veg** and **three quarters** of the **crème fraîche**. Cook until piping hot, 2-3 mins.



### Roast the Veg

Meanwhile, cut the **cauliflower** into florets (like small trees), halving any large ones.

Halfway through roasting, add the **cauliflower** and **curry powder** to the **potato** baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss everything to evenly coat. Spread out in an even layer and roast on the top shelf for the remaining time until golden and tender, 15-20 mins.

While everything cooks, halve, peel and thinly slice the **shallot**. Trim the **green beans**, then cut into thirds.



### Serve

When everything is ready, fluff up the **rice** with a fork and spoon into your bowls.

Share the **veg curry** out alongside, then top with a spoonful of the remaining **crème fraîche**.

Scatter the **toasted cashews** over the top to finish.

### Enjoy!