



Roasted Butternut Squash Curry with Fluffy Rice

Classic 40 Minutes • Little Heat • 2 of your 5 a day

N° 21



Butternut Squash



Onion



Garlic Clove



Green Beans



Basmati Rice



Tomato Purée



North Indian Style Curry Powder



Vegetable Stock Powder



Soured Cream



Diced Chicken Breast



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Cooking tools, you will need:

Baking Tray, Fine Grater, 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**	1 small pack	1 large pack	2 small packs
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Tomato Purée	1 sachet	1 sachet	2 sachets
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Water for the Curry*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Soured Cream 7)**	150g	225g	300g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	547g	100g
Energy (kJ/kcal)	2406 /575	440 /105
Fat (g)	15	3
Sat. Fat (g)	9	2
Carbohydrate (g)	92	17
Sugars (g)	20	4
Protein (g)	14	3
Salt (g)	0.97	0.18

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	687g	100g
Energy (kJ/kcal)	3067 /733	447 /107
Fat (g)	18	3
Sat. Fat (g)	9	1
Carbohydrate (g)	92	13
Sugars (g)	20	3
Protein (g)	48	7
Salt (g)	1.11	0.16

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.

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1 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 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.



2 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.



3 Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt** and stir in the **rice**. Lower the heat to medium and pop a lid on the pan. 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).



4 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 purée** and **North Indian style spice mix**. Cook for 1 minute, stirring continuously, then pour in the **water** for the curry (see ingredient list for amount) and stir in the **vegetable stock powder**.



5 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 7-8 mins. **TIP: The mixture will be quite thick so check occasionally to make sure it's 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.



6 Finish and Serve

Once the **butternut squash** is ready, add it 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**.

CUSTOM RECIPE

If you've added **chicken** to your **curry**, once your **oil** is hot in the step above (and before you add the onion), add the **chicken** to the pan and stir-fry until browned on the outside, 4-5 mins. Add the **onion**, stir together and continue with the recipe of the step and the rest of the recipe as instructed.

CUSTOM RECIPE

If you've added **chicken** to your **curry**, ensure it is cooked through before you add the **soured cream**, you might also need to add 50ml more **water** to the **curry** while it's cooking. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Enjoy!