



Creamy Roasted Vegetable Curry

with Garlic and Coriander Naan

Rapid 20 Minutes • Little Spice • 2 of your 5 a day • Veggie

18



Cauliflower Florets



Diced Sweet Potato



Onion



Garlic Clove



Korma Curry Paste



Finely Chopped Tomatoes



Vegetable Stock Paste



Garlic and Coriander Naan



Soured Cream

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Garlic Press, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Diced Sweet Potato**	300g	450g	600g
Onion**	1	1	1
Garlic Clove	1	2	2
Korma Curry Paste 9)	1 sachet	1½ sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ carton	2 cartons
Water for Curry*	100ml	150ml	200ml
Vegetable Stock Paste 10)	10g	15g	20g
Garlic and Coriander Naan 7)	4	6	8
11) 13)			
Soured Cream 7)**	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	776g	100g
Energy (kJ/kcal)	3460 / 827	446 / 107
Fat (g)	26	3
Sat. Fat (g)	10	1
Carbohydrate (g)	127	16
Sugars (g)	30	4
Protein (g)	19	3
Salt (g)	4.90	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 10) Celery 11) Soya 13) Gluten

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.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

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

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



1



Roast the Veg

- Preheat your oven to 210°C.
- Halve or quarter any large **cauliflower florets**, then pop on a baking tray.
- Pop the **diced sweet potato** onto another baking tray.
- Drizzle both with **oil**. Season with **salt** and **pepper**.
- Roast in your oven until browned and tender, about 18-20 mins.

2



Prep Time

- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).

3



Start the Curry

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Add the **onion**, cook until soft and starting to turn golden, 5-6 mins. Stir occasionally.
- Add the **korma paste** and **garlic** to the pan.
- Stir and cook for 1 minute.

4



Simmer

- Pour in the **chopped tomatoes**, **water** (see ingredients for amount) and **vegetable stock paste**.
- Add a pinch of **salt**, **pepper** and **sugar**.
- Bring to the boil, reduce the heat to medium and simmer until the liquid has reduced and the **sauce** has thickened, 5-6 mins, stirring occasionally.

5



Finish Off

- Once the **veggies** are roasted, remove from the oven.
- Pop the **naans** in the oven to warm through for 2 mins.
- Once the **curry sauce** has thickened, remove the pan from the heat, stir in the **roasted veg** and three quarters of the **sour cream**.
- Add a **splash of water** if you think it needs loosening.
- Taste and add **salt** and **pepper** if you feel it needs it.

6



Serve

- Serve the **curry** in bowls with the **naans** alongside.
- Dollop the remaining **soured cream** on top.

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.