

Creamy Roasted Vegetable Curry

with Garlic and Coriander Naan

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









Cauliflower Florets

Diced Sweet Potato





Garlic Clove





Korma Curry Paste



Vegetable Stock Paste





Soured Cream



Garlic and Coriander Naan

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Garlic Press, Frying Pan

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) 11) 13)	4	6	8
Soured Cream 7)**	150g	225g	300g

Nutrition

Per serving	Per 100g
776g	100g
3460 /827	446 /107
26	3
10	1
127	16
30	4
19	3
4.90	0.63
	776g 3460/827 26 10 127 30 19

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

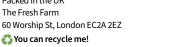
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Roast the Veg

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



Prep Time

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



Start the Curry

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



Simmer

- a) Pour in the chopped tomatoes, water (see ingredients for amount) and vegetable stock paste.
- **b)** Add a pinch of **salt**, **pepper** and **sugar**.
- c) 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.



Finish Off

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



Serve

- a) Serve the curry in bowls with the naans alongside.
- **b)** 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.