



Creamy Roasted Vegetable Curry with Naans and Soured Cream

Rapid 20 Minutes • Mild Spice • 3 of your 5 a day • Veggie

17



Cauliflower Florets



Diced Sweet Potato



Garam Masala



Onion



Garlic Clove



Korma Style Paste



Tomato Passata



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:

Baking Tray, Garlic Press, Frying Pan and Measuring Jug

Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Diced Sweet Potato**	300g	450g	600g
Garam Masala	1 sachet	1 sachet	2 sachets
Onion**	1	1	1
Garlic Clove**	1	2	2
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Curry*	100ml	150ml	200ml
Vegetable Stock Paste 10)	10g	15g	20g
Sugar*	½ tsp	½ tsp	1 tsp
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	680g	100g
Energy (kJ/kcal)	3389 / 810	498 / 119
Fat (g)	28	4
Sat. Fat (g)	10	2
Carbohydrate (g)	125	18
Sugars (g)	20	3
Protein (g)	18	3
Salt (g)	4.63	0.68

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

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 You can recycle me!



1



Roast the Veg

- Preheat your oven to 210°C.
- Halve or quarter any large **cauliflower florets**, then pop onto one half of a baking tray. Pop the **diced sweet potato** onto the other half.
- Drizzle with **oil**. Season with **salt, pepper** and the **garam masala**. Toss to coat.
- Roast on the top shelf of your oven until golden and tender, 18-20 mins. Turn halfway through.

2



Prep Time

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

3



Start the Sauce

- Heat a drizzle of **oil** in a large 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 style curry paste** and **garlic** to the pan. Stir and cook for 2 mins.

4



Simmer

- Pour in the **passata, water for the curry** (see ingredients for amount) and **vegetable stock paste**.
- Add a pinch of **salt** and **pepper**, then the **sugar** (see ingredients for amount).
- Bring to the boil, then reduce the heat to medium. Simmer until the liquid has reduced and the **sauce** has thickened, 4-5 mins. Stir 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 **soured cream**.
- Add a splash of **water** if you think it needs loosening. Taste and add **salt** and **pepper** if needed.

6



Serve

- When everything is piping hot, 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.