



Creamy Roasted Vegetable Curry with Naans

18

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



Cauliflower Florets



Diced Sweet Potato



Garam Masala



Red Onion



Garlic Clove



Korma Style Paste



Tomato Passata



Vegetable Stock Paste



Garlic and Coriander Naan



Double Cream

Pantry Items
Water, Sugar

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, 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
Red 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 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
Double Cream** 7)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	684g	100g
Energy (kJ/kcal)	4199/1004	614/147
Fat (g)	49	7
Sat. Fat (g)	24	4
Carbohydrate (g)	121	18
Sugars (g)	27	4
Protein (g)	18	3
Salt (g)	4.78	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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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Packed in the UK

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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.



Simmer the Flavours

- 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.



Prep Time

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



Finish Up

- 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 **double cream**.
- Add a splash of **water** if you think it needs loosening. Taste and add **salt** and **pepper** if needed.



Start the Sauce

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **onion**, cook until soft and starting to turn golden, 5-6 mins. Stir occasionally.
- Add the **korma style paste** and **garlic** to the pan. Stir and cook for 2 mins.



Serve

- When everything is piping hot, serve the **curry** in bowls with the **naans** alongside.
- Drizzle the remaining **double cream** on top.

Enjoy!