



Creamy Roasted Vegetable Curry with Naans and Soured Cream

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

18



Cauliflower Florets



Diced Sweet Potato



Garam Masala



Garlic Clove



Korma Style Paste



Tomato Passata



Vegetable Stock Paste



Plain Naan



Soured Cream

Pantry Items
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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Diced Sweet Potato**	300g	450g	600g
Garam Masala	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Plain Naan 7) 13)	2	3	4
Soured Cream** 7)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Curry*	100ml	150ml	200ml
Sugar*	½ tsp	½ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	620g	100g
Energy (kJ/kcal)	3079 / 736	497 / 119
Fat (g)	24.8	4.0
Sat. Fat (g)	9.9	1.6
Carbohydrate (g)	104.7	16.9
Sugars (g)	23.9	3.9
Protein (g)	17.7	2.9
Salt (g)	3.86	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 10) Celery 13) Cereals containing 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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60 Worship St, London EC2A 2EZ

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Roast the Veg

- Preheat your oven to 230°C/210°C fan/gas mark 8.
- 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.
- When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.



Simmer your Curry

- Pour the **passata, water for the curry** (see ingredients for amount) and **vegetable stock paste** into the pan.
- Season with **salt and pepper**, then stir in 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, peel and grate the **garlic** (or use a garlic press).



Combine and Stir

- Once the **veg** has roasted, remove from the oven.
- Put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.
- Once the **curry sauce** has thickened, remove from the heat. Stir in the **roasted veg** and **three quarters** of the **soured cream**.
- Add a splash of **water** if it's a little thick. Taste and add **salt and pepper** if needed.



Spice Things Up

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **korma style paste** and **garlic**. Stir and cook for 2 mins.



Serve

- When everything is piping hot, serve the **vegetable curry** in bowls and top with a dollop of the remaining **soured cream**.
- Slice the **naans** and serve alongside for scooping up your **curry**.

Enjoy!