

Creamy Roasted Vegetable Curry

with Naans and Soured Cream



20 Minutes · Mild Spice · 3 of your 5 a day · Veggie









Cauliflower Florets



Diced Sweet Potato





Garlic Clove

Garam Masala





Tomato Passata

Korma Style Paste



Vegetable Stock



Plain Naan



Soured Cream

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

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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	11/2 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.

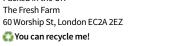
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- a) Preheat your oven to 230°C/210°C fan/gas mark 8.
- b) Halve or quarter any large cauliflower florets, then pop onto one half of a baking tray. Pop the diced sweet potato onto the other half.
- c) Drizzle with oil. Season with salt, pepper and the garam masala. Toss to coat.
- d) When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.



Prep Time

a) Meanwhile, peel and grate the garlic (or use a garlic press).



Spice Things Up

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



Simmer your Curry

- a) Pour the passata, water for the curry (see ingredients for amount) and vegetable stock paste into the pan.
- b) Season with salt and pepper, then stir in the sugar (see ingredients for amount).
- c) 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.



Combine and Stir

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



Serve

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

Eniou!