

Mushroom Pasanda

with Roast Cauliflower and Turmeric Rice

BALANCED 35 Minutes • Under 600 Calories • Very Hot! • 3 of your 5 a day • Veggie









Mushrooms

Green Beans



Coriander





Caulifower Florets







Basmati Rice

Pasanda Seasoning







Vegetable Stock Powder

Raisins



Crème Fraîche

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Baking Tray, Measuring Jug and two Large Saucepans (with Lids).

Ingredients

	2P	3P	4P	
Chestnut Mushrooms**	1 punnet	2 punnets	2 punnets	
Green Beans**	1 small pack	1 large pack	1 large pack	
Coriander**	1 bunch	1 bunch	1 bunch	
Garlic Clove**	1 clove	1 clove	2 cloves	
Caulifower Florets**	1 small pack	1 medium pack	1 large pack	
Turmeric	1 pot	1 pot	2 pots	
Cold Water for the Rice*	300ml	450ml	600ml	
Basmati Rice	150g	225g	300g	
Pasanda Seasoning	1 small pot	¾ large pot	1 large pot	
Water for the Curry*	100ml	150ml	200ml	
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets	
Raisins	1 bag	1½ bag	2 bags	
Crème Fraîche 7)**	100g	150g	200g	
*Not Included ** Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredients	484g	100g
Energy (kJ/kcal)	2343 /560	484/116
Fat (g)	19	4
Sat. Fat (g)	9	2
Carbohydrate (g)	88	18
Sugars (g)	21	4
Protein (g)	14	3
Salt (g)	0.83	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

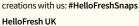
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Packed in the UK

● HelloFRESH

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1. Prep the Veggies

Preheat your oven to 200°C. Thinly slice the mushrooms. Trim the tops from the green beans, then chop into thirds. Finely chop the coriander (stalks and all). Peel and grate the garlic (or use a garlic press).



2. Roast the Cauliflower

Pop the cauliflower florets onto a baking tray, drizzle over a splash of oil and season with salt and pepper. Sprinkle on half the turmeric and rub into the **cauliflower**. **TIP:** Use gloves to do this if you don't want your hands to get stained by the turmeric. Roast the cauliflower on the middle shelf of your oven until golden and charred at the edges, 15-20 mins. Turn half way through cooking.



3. Cook the Rice

Pour the cold water for the rice (see ingredients for amount) into a medium saucepan with a tight fitting lid, stir in the rice, remaining turmeric and 1/4 tsp of **salt**. Cover with the lid and bring to the boil on medium high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



4. Start the Curry

Meanwhile, heat a splash of oil in another large saucepan over medium-high heat. Add the **mushrooms**. Cook, stirring frequently until the mushrooms have browned, 5-6 mins. Add the garlic and pasanda spice blend (don't add it all if you don't like spice). Stir and cook until fragrant, 1-2 mins.



5. Finish the Curry

Add the water (see ingredients for amount) and the stock powder, stir to dissolve the stock and bring to the boil. Once boiling, lower the heat to medium, add the green beans and raisins and pop the lid on. Simmer until the beans are tender, 6-8 mins. Remove the lid, add the crème fraîche and simmer for 3-4 mins more. Taste and add salt and **pepper** if necessary. Get ready to serve.



6. Serve

Fluff up the **rice** with a fork and stir in half the coriander. Share the rice between your plates, then spoon the **mushroom curry** over and around. Arrange the cauliflower florets on top and finish with a sprinkling of the remaining **coriander**.

Eniov!

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar

Featured Ingredient: Cauliflower is high in vitamin K which is a fat soluble vitamin, essential for bone health.

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.

