



Roasted Butternut Squash Curry with Fluffy Rice

N° 21

FAMILY Hands On Time: 25 Minutes • Total Time: 40 Minutes • 2 of your 5 a day



Butternut Squash



Onion



Garlic Clove



Green Beans



Basmati Rice



Tomato Purée



Mild Indian Style Curry Powder



Vegetable Stock Powder



Soured Cream



King Prawns



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Measuring Jug and Two Saucepans.

Ingredients

	2P	3P	4P
Butternut Squash**	1 small	1 large	2 small
Onion**	1	1	2
Garlic Clove	2 cloves	3 cloves	4 cloves
Green Beans**	1 small pack	1 large pack	2 small packs
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Tomato Purée	1 sachet	1 sachet	2 sachets
Mild Indian Style Curry Powder	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
Soured Cream (7)**	150g	225g	300g
King Prawns (5)**	150g	250g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	546g	100g
Energy (kJ/kcal)	2406/575	440/105
Fat (g)	15	3
Sat. Fat (g)	9	2
Carbohydrate (g)	92	17
Sugars (g)	20	4
Protein (g)	14	3
Salt (g)	0.97	0.18
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	621g	100g
Energy (kJ/kcal)	2600/622	419/100
Fat (g)	16	3
Sat. Fat (g)	9	1
Carbohydrate (g)	92	15
Sugars (g)	20	3
Protein (g)	25	4
Salt (g)	1.95	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 10) Celery

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.

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1. Roast the Squash

Preheat your oven to 220°C. Trim the **butternut squash**, halve lengthways and scoop out the seeds. Chop widthways into 1cm slices, then chop into 1cm chunks (no need to peel). **TIP:** *They need to be cut really small so they cook quickly.* Pop on a large baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread out into a single layer and roast on the top shelf of your oven until soft and golden, 25-30 mins, turn halfway.



4. Start the Curry

Heat a drizzle of **oil** in a saucepan on medium heat. Once hot, add the **onion**. Cook until softened, 4-5 mins, stirring occasionally. Once the **onion** is soft, add in the **garlic**, **tomato purée** and **mild Indian style curry powder**. Cook for 1 minute, stirring continuously. Then pour in the **water** for the **curry** (see ingredient list for amount) and stir in the **vegetable stock powder**.



2. Finish the Prep

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** then chop into thirds.



5. Simmer

Add the **green beans**, stir together well, bring to a simmer, then reduce the heat. Cover the pan with a lid or some tightly fitting kitchen foil. Cook until the **beans** are tender, about 7-8 mins. **TIP:** *The mixture will be quite thick so check occasionally to make sure it is not catching and stir if necessary.* When the **beans** are tender, pour in the **soured cream** and stir until completely combined. Remove from the heat if the **butternut** hasn't finished cooking.



3. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt** and stir in the **rice**. Lower the heat to medium and pop a lid on the pan. 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).



6. Finish and Serve

Once cooked, add the **roasted squash** to the **curry**, together with any **cooking juices** from the baking tray and stir gently until well combined. Bring the **mixture** back up to the boil on medium heat and add a splash of **water** if it's a bit thick. Remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it. Fluff up the **rice** with a fork and divide it between bowls. Top with your **curry**.

Enjoy!



CUSTOM RECIPE

If you've chosen to add **prawns** to your meal, once the **beans** are tender in the step above, stir in the **prawns** and simmer until cooked, 3-4 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque all the way through.* Pour in the **soured cream** and continue with the recipe as instructed.