



# Roasted Butternut Squash Curry

with Green Beans and Brown Rice

**CLASSIC** 40 Minutes • 2 of your 5 a day • Veggie



Butternut Squash



Brown Rice



Onion



Garlic Clove



Green Beans



Tomato Puree



North Indian Style Curry Powder



Vegetable Stock Powder



Soured Cream

## Before you start

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

### Basic cooking tools you will need:

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

### Ingredients

	2P	3P	4P
Butternut Squash**	1	1	2
Brown Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Green Beans**	1 small pack	1 large pack	2 small packs
Tomato Puree	1 sachet	1 sachet	2 sachets
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Water for the Curry*	100ml	150ml	200ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Soured Cream <b>7</b> **	150g	225g	300g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	547g	100g
Energy (kJ/kcal)	2406 /575	440 /105
Fat (g)	17	3
Sat. Fat (g)	9	2
Carbohydrate (g)	87	16
Sugars (g)	20	4
Protein (g)	14	3
Salt (g)	0.97	0.18

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.

### Contact

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## 1. Roast the Squash

Preheat your oven to 220°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt** (for the **rice** later). 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 in a single layer, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then 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 puree** and **North Indian-style spice mix**. Cook for one minute, stirring continuously. Then pour in the **water** for the curry (see ingredient list for amount) and stir in the **vegetable stock powder**.



## 2. Cook the Rice

Meanwhile, stir the **brown rice** into the boiling **water**, bring back to the boil, and simmer the **rice** until tender, 25-30 mins. **TIP: Top up with water if it boils off.** Once cooked, drain the **rice** in a sieve and return to the pan, off the heat. Cover with a lid to keep warm.



## 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, 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 squash** hasn't finished cooking.



## 3. Finish the Prep

Meanwhile, 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.



## 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. Divide the **rice** between bowls. Top with your **curry**.

Enjoy!

**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.