












Roasted Butternut Squash Curry with Fluffy Rice

Calorie Smart 40 Minutes • Little Spice • Under 600 Calories • 2 of your 5 a day • Veggie

17



-  Butternut Squash
-  Onion
-  Garlic Clove
-  Green Beans
-  Basmati Rice
-  Tomato Purée
-  North Indian-Style Curry Powder
-  Vegetable Stock Powder
-  Soured Cream



Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Butternut Squash**	1 small squash	1 large squash	2 small squashes
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
North 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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	547g	100g
Energy (kJ/kcal)	2400/574	439/105
Fat (g)	15	3
Sat. Fat (g)	9	2
Carbohydrate (g)	94	17
Sugars (g)	20	4
Protein (g)	14	3
Salt (g)	0.85	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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.

Contact

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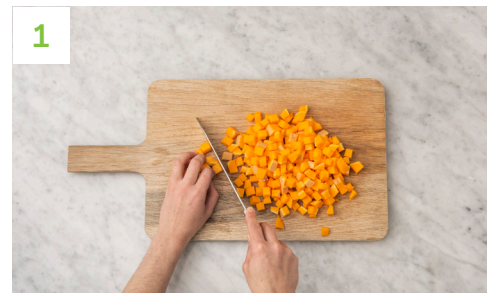
HelloFresh UK

Packed in the UK

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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:** *Cut your chunks 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.



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.



Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add 0.25 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).



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 **North Indian-style spice mix**. 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**.



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.



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!

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.

