



Veggie Tikka Masala

with Carrot and Courgettes

CLASSIC 35 Minutes • Medium Heat • 2.5 of your 5 a day • Veggie



Basmati Rice



Onion



Garlic Clove



Carrot



Green Beans



Courgette



Tandoori Masala



Chilli Flakes



Easy Ginger



Tomato Puree



Half Fat
Crème Fraîche



Coconut Milk Powder



Vegetable Stock
Powder



Coriander

Before you start

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

Basic cooking tools you will need:

Saucepan, Fine Grater (or Garlic Press), Large Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	1	2	2
Carrot**	1	2	2
Green Beans**	1 small pack	1 large pack	2 small packs
Courgette**	1	1	2
Tandoori Masala	1 small pot	¾ large pot	1 large pot
Chilli Flakes	a pinch	a pinch	a pinch
Easy Ginger	½ sachet	¾ sachet	1 sachet
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Curry*	250ml	375ml	500ml
Half Fat Crème Fraîche 7)**	100g	150g	200g
Coconut Milk Powder	1 pot	1½ pots	2 pots
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	503g	100g
Energy (kJ/kcal)	2805/671	558/133
Fat (g)	26	5
Sat. Fat (g)	21	4
Carbohydrate (g)	92	18
Sugars (g)	25	5
Protein (g)	16	3
Salt (g)	1.64	0.33

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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Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. 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).



4. Cook the Curry

Pour in the **water** (see ingredients for amount), **half** the **crème fraîche**, **coconut powder** and **vegetable stock powder**. Bring to the boil, stirring to dissolve the **coconut powder**, then reduce the heat to medium, stir in the **green beans** and **courgette** and simmer until the **liquid** has reduced by half and thickened and the **veggies** are cooked through, 8-10 mins. Stir occasionally.



2. Prep

Meanwhile, halve, peel and chop the **onion** into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Meanwhile, trim the **green beans** and chop into thirds. Trim the **courgette**, quarter lengthways and cut into 1cm chunks.



5. Finish Up

Meanwhile, roughly chop the **coriander** (stalks and all). When the **curry** is cooked, season to taste with **salt** and **pepper** if needed (now is the time to add some more **chilli flakes** if you want more kick!).



3. Start the Curry

Heat a drizzle of **oil** in a large saucepan over medium heat and add the **onion** and **carrot**. Cook, stirring occasionally, until softened, 6-7 mins. Stir in the **tandoori masala mix** and a pinch of **chilli flakes** (don't add too much, they're hot!) and cook for 30 seconds. Now add the **easy ginger** (see ingredients for amount), **garlic** and **tomato puree**, stir and cook for another 30 seconds.



6. Serve

Fluff up the **rice** with a fork. Serve the **rice** in bowls topped with plenty of **veggie tikka**, a drizzle of remaining **crème fraîche** and a sprinkling of **coriander**.

Enjoy!