



VEGGIE TIKKA MASALA

with Carrot and Courgette



HELLO RED PEPPER

Red bell peppers are simply green bell Peppers that have been left on the vine to continue to ripen.



Vegetable Stock Powder



Basmati Rice



Onion



Garlic Clove



Red Pepper



Green Beans



Courgette



Tandoori Masala



Chilli Flakes



Easy Ginger



Tomato Purée



Crème Fraîche



Coconut Milk Powder



Coriander

MEAL BAG

35 mins

4 of your 5 a day

Medium heat

Veggie

When it comes to creating deliciously simple vegetarian recipes, Chef Lizzie rarely gets it wrong. Packed with fresh, colourful veg, her take on this classic curry recipe won't disappoint. Onion and ginger provide the deep base flavour of most curries, but deciding how to cook them will determine the flavour of your final dish. Soften them without colouring for a lighter curry (like this one) or cook them longer and caramelise for something richer and darker.

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Fine Grater** (or **Garlic Press**) and **Large Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. Stir in **half** the **stock powder** and the **rice**, pop a lid on the pan and lower the heat to medium. Cook for 10 mins, then remove the pan from the heat (still covered) and set aside for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



2 PREP TIME

Halve, peel and roughly chop the **onion**. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a large frying pan over medium heat and add the **onion** and a pinch of **salt**. Cook, stirring occasionally, until softened and starting to turn golden, 6-7 mins. Meanwhile, halve the **pepper**, remove the core and seeds and roughly chop. Trim the **green beans** and chop into thirds. Trim the **courgette**, quarter lengthways and cut into 1cm chunks.



3 START THE CURRY

Add the **pepper** to the frying pan stir and cook for 1 minute. Stir in the **tandoori masala** and a pinch of **chilli flakes** (don't add too much, it's hot!) and cook for 30 seconds. Now add the **easy ginger, garlic and tomato purée**, stir and cook for another 30 seconds.



4 SIMMER THE CURRY

Pour in the **water** for the curry (see ingredients for amount), **half** the **crème fraîche**, the **coconut milk powder** and remaining **stock powder**. Bring to the boil, stirring to dissolve both **powders**, 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, stirring occasionally, 8-10 mins.



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** if you want more kick!).



6 SERVE

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

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachet
Basmati Rice	150g	225g	300g
Onion *	1	1	2
Garlic Clove *	1	2	2
Red Pepper *	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 Purée	1 sachet	1½ sachets	2 sachets
Water for the Curry*	250ml	275ml	500ml
Crème Fraîche 7) *	1 pouch	2 pouches	2 pouches
Coconut Milk Powder	1 pot	1½ pots	2 pots
Coriander *	1 bunch	1 bunch	1 bunch

Not Included* * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 545G	PER 100G
Energy (kJ/kcal)	3144 / 752	577 / 138
Fat (g)	39	7
Sat. Fat (g)	25	5
Carbohydrate (g)	93	17
Sugars (g)	25	5
Protein (g)	16	3
Salt (g)	1.64	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery

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

THUMBS UP OR THUMBS DOWN?

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