

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



0



Garlic Clove





Green Beans



0

Courgette



Chilli Flakes

Tomato Purée

Easy Ginger

Tandoori Masala



Crème Fraîche



Coconut Milk Powder

Coriander



NE WINATE STORE

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.

All the second second



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!



2 - 4 PEOPLE INGREDIENTS In order of use

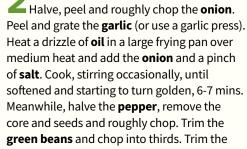




SIMMER THE CURRY Pour in the water for the curry (see ingredients for amount), **half** the **crème** fraîche, the coconut milk powder and remaining **stock powder**. Bring to the boil, stirring to dissolve both **powders**, then reduce the heat to medium. Stir in the green beans and courgette and simmer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

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).



courgette, quarter lengthways and cut into



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.

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

(O)

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🔝 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.

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FINISH UP

PREP TIME

1cm chunks.

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!).

SERVE

O 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!