













Veggie Tikka Masala and Basmati Rice

with Pepper, Green Beans and Courgette

Classic Eat Me Early • 35-40 Minutes • Medium Spice • 4 of your 5 a day • Veggie



-  Red Onion
-  Garlic Clove
-  Bell Pepper
-  Green Beans
-  Courgette
-  Basmati Rice
-  Tikka Paste
-  Tomato Puree
-  Creme Fraiche
-  Coconut Milk
-  Vegetable Stock Paste
-  Chilli Flakes

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Courgette**	1	1	2
Basmati Rice	150g	225g	300g
Tikka Paste	75g	112g	150g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Crema Fraiche** 7)	75g	100g	150g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Chilli Flakes	1 pinch	1 pinch	2 pinches

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	75ml	100ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	631g / 3210 / 767	100g / 508 / 122
Fat (g)	36.3	5.75
Sat. Fat (g)	24.3	3.8
Carbohydrate (g)	94.1	14.9
Sugars (g)	25.3	4.0
Protein (g)	17.2	2.7
Salt (g)	2.83	0.45

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

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1 Get Prepped

Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Halve the **pepper** and discard the core and seeds. Cut into 1cm chunks. Trim the **green beans** and cut into thirds.

Trim the **courgette**, then quarter lengthways. Cut into 1cm chunks.



4 Simmer and Stir

Pour the **crema fraiche**, **coconut milk**, **veg stock paste** and **water for the curry** (see pantry for amount) into the pan. Bring to the boil, stirring to combine, then reduce the heat to medium.

Stir in the **green beans** and **courgette**, then cover with a lid (or foil) and simmer until the **veg** is almost tender, 8-9 mins.

Remove the lid, then allow the **curry** to simmer until thickened, stirring occasionally, 3-4 mins.



2 Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



5 Finish Up

Once the **curry** has thickened and the **veg** is cooked through, remove from the heat. Taste and season with **salt** and **pepper** if needed.

Sprinkle in some **chilli flakes** if you'd like (use less if you'd prefer things milder) and add a splash of **water** if it's a little too thick.



3 Start your Curry

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion** and cook, stirring occasionally, until softened and starting to turn golden, 6-7 mins.

Add the **pepper** and cook, stirring, for 1 min.

Stir in the **garlic**, **tomato puree** and **tikka paste**. Cook for 1 min more.



6 Serve

Fluff up the **rice** with a fork and share between your bowls.

Spoon over your **veggie tikka masala** and garnish with any remaining **chilli flakes** if you'd like some more heat.

Enjoy!