



Veggie Tikka Masala

with Basmati Rice and Coriander

Classic 35 Minutes • Medium Spice • 3 of your 5 a day • Veggie

N° 18



Onion



Garlic Clove



Bell Pepper



Green Beans



Courgette



Basmati Rice



Tandoori Masala Spice



Ginger Puree



Tomato Puree



Creme Fraiche



Coconut Milk



Vegetable Stock Paste



Chilli Flakes



Coriander



Paneer



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

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

Cooking tools, you will need:

Garlic Press, Measuring Cup, Saucepan, Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove	1	2	2
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Courgette**	1	1	2
Water for Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Tandoori Masala Spice	1 sachet	1 sachet	2 sachets
Ginger Puree	½ sachet	¾ sachet	1 sachet
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for Curry*	150ml	225ml	300ml
Creme Fraiche 7)**	75g	99g	150g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Coriander**	1 bunch	1 bunch	1 bunch
 Paneer 7)**	250g	375g	500g

*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

	Per serving	Per 100g
for uncooked ingredient	550g	100g
Energy (kJ/kcal)	2821/674	513/123
Fat (g)	31	6
Sat. Fat (g)	24	4
Carbohydrate (g)	86	16
Sugars (g)	17	3
Protein (g)	14	3
Salt (g)	1.60	0.29
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	675g	100g
Energy (kJ/kcal)	4636/1108	687/164
Fat (g)	65	10
Sat. Fat (g)	45	7
Carbohydrate (g)	91	13
Sugars (g)	21	3
Protein (g)	40	6
Salt (g)	2.22	0.33

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.

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Prep

Halve, peel and chop the **onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press).

Halve the **pepper** and discard the core and seeds.

Chop into 1cm sized chunks. Trim the **green beans**

and chop into thirds. Trim the **courgette**, quarter lengthways and cut into 1cm chunks.



CUSTOM RECIPE

If you've decided to add **paneer** to your meal, Chop the **paneer** into 2cm chunks.



Cook the Rice

Pour the cold **water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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 large frying pan over medium heat and add the **onion**. Cook, stirring occasionally, until softened and starting to turn golden, 6-7 mins. Add the **pepper** to the pan with the **onions**, stir and cook for 1 min. Stir in the **tandoori masala** and cook for 30 secs. Now add the **ginger puree**, **garlic** and **tomato puree**, stir and cook for another 30 secs.



CUSTOM RECIPE

If you've decided to add **paneer** to your meal, pop the **cubes** into the pan with the **onions** and fry until golden brown.



Cook the Curry

Pour in the **water** for the curry (see ingredients for amount), the **creme fraiche**, **coconut milk** and **vegetable stock paste**. Bring to the boil, stirring to combine, then reduce the heat to medium. Stir in the **green beans** and **courgette**, cover the pan with a lid (or some tin foil) and simmer until the **veg** is almost tender, 8-9 mins. Remove the lid and allow to simmer until the **mixture** has thickened and the **veggies** are cooked through, 3-4 mins, stirring occasionally.



Finish Up

Meanwhile, roughly chop the **coriander** (stalks and all). When the **curry** is cooked, season to taste with **salt** and **pepper** if needed, add the **chilli flakes** (if you want a bit of spice) and stir in **half** the **coriander**. **TIP:** Add a splash of water if it's looking a bit thick.



Serve

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

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.