



Creamy Roasted Vegetable Curry

with Mini Naans

N° 16

RAPID 20 Minutes • Little Heat • 2.5 of your 5 a day • Veggie



Cauliflower Florets



Diced Sweet Potato



Onion



Garlic Clove



Korma Curry Paste



Finely Chopped Tomatoes



Vegetable Stock Powder



Plain Naan



Soured Cream

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press) and Large Saucepan

Ingredients

	2P	3P	4P
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Diced Sweet Potato**	1 small pack	1 large pack	2 small packs
Onion**	1	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Korma Curry Paste 9)	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Curry*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Plain Naan 7) 13)	2	3	4
Sour Cream 7)**	150g	225g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	782g	100g
Energy (kJ/kcal)	3303 /790	422 /101
Fat (g)	26	3
Sat. Fat (g)	10	1
Carbohydrate (g)	116	15
Sugars (g)	23	3
Protein (g)	19	3
Salt (g)	3.59	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **9)** Mustard **10)** Celery **13)** Gluten

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.

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



1. Roast the Veg

- Preheat your oven to 210°C.
- Halve or quarter any large **cauliflower florets**, then pop on a baking tray.
- Pop the **diced sweet potato** onto another baking tray. Drizzle with both with **oil**. Season with **salt and pepper**.
- Roast in your oven until browned and tender, about 18-20 mins.



4. Simmer

- Pour in the **chopped tomatoes, water** (see ingredients for amount) and **vegetable stock powder**.
- Add a pinch of **salt, pepper and sugar**.
- Bring to the boil, reduce the heat to medium and simmer until the liquid has reduced and the **sauce** has thickened, 5-6 mins, stir occasionally.



2. Prep Time!

- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).



5. Finish off

- Once the **veggies** are roasted, remove from the oven.
- Pop the **naans** in the oven to warm through for 2 mins.
- Once the **curry sauce** has thickened, remove the pan from the heat, stir in the **roasted veg** and **three-quarters** of the **soured cream**.
- Add a splash of **water** too if you want it a bit thinner. Taste and add **salt and pepper** if you feel it needs it.



3. Start the Sauce

- Heat a drizzle of **oil** in a saucepan on medium high heat.
- Add the **onion**, cook until soft and starting to turn golden, 5-6 mins. Stir occasionally.
- Add the **Korma paste** and **garlic** to the pan.
- Stir and cook for 1 minute.



6. Serve

- Serve the **curry** in bowls with the **naans** alongside.
- Dollop the remaining **soured cream** on top.

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.