



Sweetcorn Butter Masala

with golden cheese and coriander

Veggie 20-25 mins

7



Sweetcorn



North Indian
Style Spice Mix



Coriander



Passata



Onion



Cashew Nuts



Grilling Cheese



Rice



Coconut Milk

Pantry Items: Butter, Water, Salt, Pepper, Sugar, Oil

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid, sieve

Ingredients

	2P	4P
Sweetcorn	1 pack	2 packs
North Indian Style Spice Mix	2 sachets	4 sachets
Coriander	5 g	10 g
Passata	1 pack	2 packs
Onion	1 unit	2 units
Cashew Nuts	20 g	40 g
Grilling Cheese	200 g	400 g
Rice	150 g	300 g
Coconut Milk	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	511.5 g	100 g
Energy (kJ/kcal)	3979 kJ/ 951 kcal	777.9 kJ/ 185.9 kcal
Fat (g)	48.9 g	9.6 g
Sat. Fat (g)	32 g	6.3 g
Carbohydrate (g)	89.1 g	17.4 g
Sugars (g)	17.5 g	3.4 g
Protein (g)	38 g	7.4 g
Salt (g)	3.2 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

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Get Prepped

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil. Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove the pot from the heat and keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).
- Halve, peel and chop the **onion** into small pieces.
- Drain the **sweetcorn** in a sieve.



Finish and Serve

- Season the sauce to taste with **salt, pepper** and **sugar**.
- Serve the **sweetcorn butter** masala in bowls alongside the fluffy **rice**.
- Garnish with **cashews** and **coriander**.

Enjoy!



Fry the Cheese

- Chop the **grilling cheese** into 2cm chunks and pop into a bowl of cold **water** to soak.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once the pan is hot, transfer the **cheese** from its bowl and pat dry with kitchen paper.
- Fry the **cheese** until golden all over, 4-6 mins. Shift every 1-2 mins.
- Once the **cheese** is golden, transfer to a bowl then return the pan to medium-high heat.



Make the Sauce

- Add 2 tbsp of **butter** (double for 4p) to the pan and fry the **onion** until softened, stirring occasionally, 4-5 mins.
- Add the **North Indian spice mix** and fry for 1 min more.
- Add the **sweetcorn** along with the **passata** and 50ml **water** (double for 4p). Simmer for 5-7 mins.
- Stir in the **cheese** and **coconut milk** and allow to warm through.
- Roughly chop the **coriander** (stalks and all).

TIP: Add a splash of water if the sauce becomes too thick.