



Spicy Sweetcorn Curry with rice and roasted potatoes

Veggie 30-35 mins • Spicy

10



Sweetcorn



Baby Potatoes



Rice



Rogan Josh Curry Paste



Chopped Tomato
with Onion & Garlic



Chilli



Yoghurt



Coriander



North Indian
Style Spice Mix



Green Beans

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



Rate your recipe!

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

Baking sheet with baking paper, pot with lid, sieve

Ingredients

	2P	4P
Sweetcorn	1 pack	2 packs
Baby Potatoes	1 unit	2 units
Rice	150 g	300 g
Rogan Josh Curry Paste	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Chilli	1 unit	2 units
Yoghurt	75 g	150 g
Coriander	5 g	10 g
North Indian Style Spice Mix	1 sachet	2 sachets
Green Beans	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	739.5 g	100 g
Energy (kJ/kcal)	2771 kJ/ 662 kcal	375 kJ/ 90 kcal
Fat (g)	5.8 g	0.8 g
Sat. Fat (g)	1.6 g	0.2 g
Carbohydrate (g)	135.5 g	18.3 g
Sugars (g)	23.1 g	3.2 g
Protein (g)	18.6 g	2.9 g
Salt (g)	3.8 g	0.5 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.

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Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Quarter the **baby potatoes**. Halve any larger quarters.
- Pop the **potatoes** onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper**. Spread out in a single layer.
- Roast on the top shelf of your oven until golden and crispy, 25-35 mins. Turn halfway through cooking.

TIP: Use two baking trays if necessary.



Start the Curry

- Place a large pot over high heat with a drizzle of **oil**.
- When hot, fry the **sweetcorn** and **green beans** together until charred, 3-4 mins.
- Reduce the heat to medium-high then add the **North Indian spice mix**, **chilli** (use less if you don't like spice) and **rogan josh paste**.
- Mix well and fry until fragrant, 1 min.



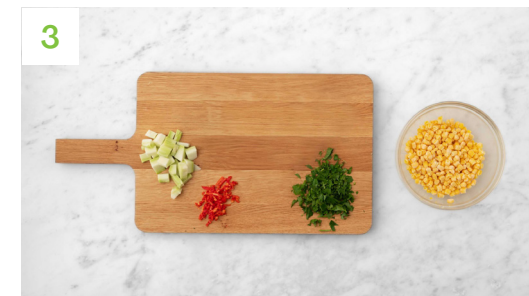
Make the Rice

- 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.
- Lower the heat to medium, cover, and cook for 10 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Simmer the Sauce

- Add the **chopped tomato**, 75ml **water**, ½ tsp **salt** and ½ tsp **sugar** (double all for 4p).
- Bring to a boil then reduce the heat and simmer until thickened slightly, 8-10 mins.
- Add a splash of **water** to loosen the curry if you feel it's become too thick.
- Season to taste with **salt** and **pepper**.



Get Prepped

- Meanwhile, trim the **green beans** and cut into thirds.
- Drain the **sweetcorn** in a sieve.
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Roughly chop the **coriander** (stalks and all).



Finish and Serve

- Divide the curry between bowls.
- Scatter the roast **potatoes** over the top.
- Spoon over a dollop of cooling **yoghurt**.
- Garnish to taste with any remaining **chilli** and a sprinkling of **coriander**.
- Fluff up the **rice** with a fork and serve alongside.

Enjoy!