



# Butternut and Mushroom Curry

with North Indian spice and fluffy rice

Family Veggie 40 – 45 mins • Eat me first

9



Diced Butternut Squash



Onion



Garlic



Chopped Tomato with Onion & Garlic



Rice



North Indian Style Spice Mix



Vegetable Stock



Scallion



Mushrooms



Coconut Milk

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



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## 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, grater, pot with lid

## Ingredients

	2P	4P
Diced Butternut Squash	300 g	600 g
Onion	1 unit	2 units
Garlic	2 units	4 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Rice	150 g	300 g
North Indian Style Spice Mix	2 sachets	4 sachets
Vegetable Stock	1 sachet	2 sachets
Scallion	2 units	4 units
Mushrooms	150 g	250 g
Coconut Milk	1 pack	2 packs

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	669 g	100 g
Energy (kJ/kcal)	2615 kJ/ 625 kcal	391 kJ/ 93 kcal
Fat (g)	19.5 g	2.9 g
Sat. Fat (g)	14.8 g	2.2 g
Carbohydrate (g)	97.5 g	14.6 g
Sugars (g)	22.8 g	3.4 g
Protein (g)	15.8 g	2.4 g
Salt (g)	3 g	0.4 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 Butternut

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pop the **butternut squash** onto a large (lined) baking tray.
- Spread out in a single layer, drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat, then roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn the tray halfway through.



## Start the Curry

- Place a pan over medium heat with a drizzle of **oil**.
- Once hot, add the **onion**. Cook until softened, stirring occasionally, 4-5 mins. Season with **salt** and **pepper**.
- Once the **onion** has softened, add the **mushrooms**, **garlic** and **North Indian spice mix**.
- Cook, stirring continuously, 1 min.



## Cook the Rice

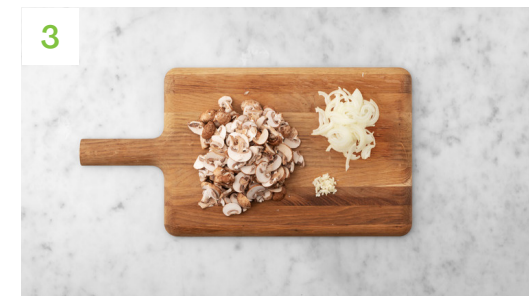
- Meanwhile, pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat and set aside.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Finishing Touches

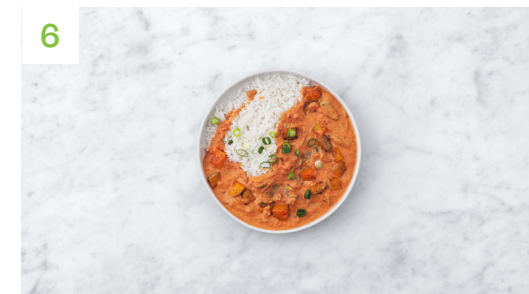
- Add 50ml **water** and ½ tsp **sugar** (double both for 4p) along with the **stock** and **chopped tomatoes**.
- Simmer until thickened, 8-10 mins.
- Stir through the **coconut milk** and season to taste with **salt** and **pepper**.
- Add the roasted **butternut squash** to the pan.
- Loosen the curry with a splash of **water** if you feel it's too thick.

**TIP:** As the curry simmers, check occasionally to ensure it's not sticking and stir if necessary.



## Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **mushrooms**.
- Trim and thinly slice the **scallion**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



## Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with **butternut** and **mushroom** curry.
- Finish with a sprinkling of sliced **scallion**.

**Enjoy!**