



Butternut Squash Korma Curry

with warm and fluffy naan

Veggie 20 – 25 mins • Eat me first

7



Diced Butternut Squash



Coconut Milk



Chickpeas



Stock



Chopped Tomato with Onion & Garlic



Curry Powder



Ground Cumin



Korma Curry Paste



Naan



Scallion

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



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2024-W36

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
Diced Butternut Squash	300 g	600 g
Coconut Milk	1 pack	2 packs
Chickpeas	1 pack	2 packs
Stock	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Curry Powder	1 sachet	2 sachets
Ground Cumin	1 sachet	2 sachets
Korma Curry Paste	1 sachet	2 sachets
Naan	2 units	4 units
Scallion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	801.5 g	100 g
Energy (kJ/kcal)	3866 kJ/ 924 kcal	482.3 kJ/ 115.3 kcal
Fat (g)	31.7 g	4 g
Sat. Fat (g)	16.9 g	2.1 g
Carbohydrate (g)	114.7 g	14.3 g
Sugars (g)	25.5 g	3.2 g
Protein (g)	29 g	3.6 g
Salt (g)	6.2 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **chickpeas** in a sieve.
- Trim and thinly slice the **scallions**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.

Little Chef's TIP: Have the kids help drain the chickpeas.



Simmer the Curry

- Place a pot over high heat with a drizzle of **oil**.
- When hot, fry the **butternut** for 6-8 mins.
- Reduce the heat to medium-high and add the **cumin, curry powder, chickpeas, chopped tomato, korma paste, coconut milk, stock** and ½ tsp **sugar** (double for 4p).
- Cover and simmer until the **butternut** has softened, 8-10 mins.



Warm the Naans

- Meanwhile, place the **naans** onto a baking tray.
- Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.
- Once simmered, add a splash of **water** to loosen the curry if required. Season to taste with **salt** and **pepper**.



Dish Up

- Divide the creamy **butternut** curry between deep plates of bowls.
- Scatter over the **scallion**.
- Serve with warm naan alongside.

Enjoy!