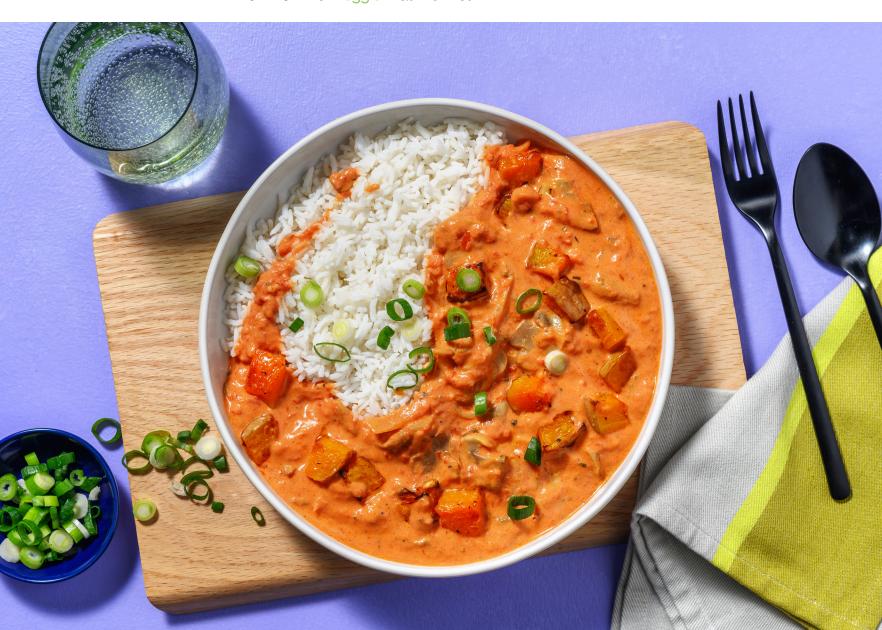


Butternut and Mushroom Curry

with North Indian spice and fluffy rice

40 – 45 mins • Veggie • Eat me first









Diced Butternut Squash





Chopped Tomato with Onion & Garlic





North Indian Style Spice Mix







Scallion



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
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	390.9 kJ/ 93.4 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	0.5 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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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.



Cook the Rice

- Meanwhile, pour 300ml cold **salted water** (per 2P) 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).



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.



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.



Finishing Touches

- Add 50ml water (per 2P) and ½ tsp sugar (per 2P) 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.



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!