



Butternut and Broccoli Curry

with North Indian spice and fluffy rice

Family Veggie 40-45 mins

9



Diced Butternut Squash



Onion



Garlic



Tomato Paste



Rice



North Indian Style Spice Mix



Vegetable Stock



Creme Fraiche



Scallion



Broccoli

Pantry Items: Water, Oil, Salt, Pepper

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, lid, pan with lid, pot

Ingredients

| | 2P | 4P |
|------------------------------|----------|-----------|
| Diced Butternut Squash | 1 unit | 2 units |
| Onion | 1 unit | 2 units |
| Garlic | 2 units | 4 units |
| Tomato Paste | 1 pack | 2 packs |
| Rice | 150 g | 300 g |
| North Indian Style Spice Mix | 1 sachet | 2 sachets |
| Vegetable Stock | 1 sachet | 2 sachets |
| Creme Fraiche | 125 g | 250 g |
| Scallion | 2 units | 4 units |
| Broccoli | 1 unit | 1 unit |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|------------------------|-------------------------|
| for uncooked ingredients | 506.5 g | 100 g |
| Energy (kJ/kcal) | 2719.5 kJ/ 650 kcal | 536.9 kJ/ 128.3 kcal |
| Fat (g) | 27.3 g | 5.4 g |
| Sat. Fat (g) | 15.9 g | 3.1 g |
| Carbohydrate (g) | 85.6 g | 16.9 g |
| Sugars (g) | 16.1 g | 3.2 g |
| Protein (g) | 16 g | 3.2 g |
| Salt (g) | 1 g | 0.2 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.

Contact

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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 halfway through.



Start the Curry

- Meanwhile, place a pan over medium heat with a drizzle of **oil**.
- Once hot, add the **onion**. Cook until softened, 4-5 mins, stirring occasionally.
- Once the **onion** has softened, add the **garlic**, **tomato paste** and **North Indian spice mix**.
- Cook for 1 min, stirring continuously.
- Pour in 100ml **water** (double for 4p) along with the **vegetable stock powder**.



Cook the Rice

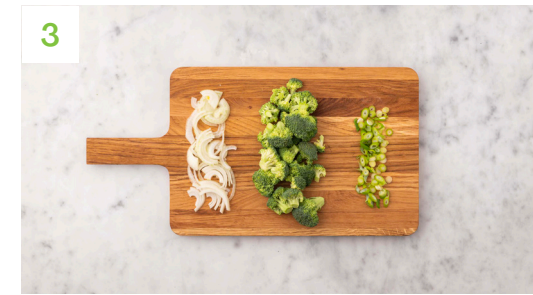
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat (still covered) and leave to the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



Slowly Simmer

- Add the **broccoli** to the pan. Stir well, bring to a simmer and reduce the heat.
- Cover with a lid or some foil and cook until the **broccoli** is tender, 5-7 mins.
- Stir in the **creme fraiche**.
- Once the **butternut** is cooked, add it to the pan then bring the sauce back to the boil.
- Give everything a good stir and add a splash of **water** if necessary.

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).
- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Trim and thinly slice the **scallion**.



Finish and Serve

- Remove the pan from the heat.
- Taste the curry, adding **salt** and **pepper** if you feel it needs it.
- Fluff up the **rice** with a fork and divide between bowls.
- Top with **butternut** and **broccoli** curry and sliced **scallion**.

Enjoy!