



Creamy Broccoli Curry

with sprinkled scallions and rice

Veggie 20-25 mins

7



Grilling Cheese



Broccoli



Rice



Onion



Garlic



Scallion



Korma Curry Paste



Tomato Paste



Vegetable Stock



Creme Fraiche

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Baking Sheet with Baking Paper, Pot, Lid, Grater

Ingredients

	2P	4P
Grilling Cheese	200 g	400 g
Broccoli	1 unit	1 unit
Rice	150 g	300 g
Onion	1 unit	2 units
Garlic	2 units	4 units
Scallion	1 unit	2 units
Korma Curry Paste	1 sachet	2 sachets
Tomato Paste	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Creme Fraiche	62.5 g	125 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	448.2 g	100 g
Energy (kJ/kcal)	3569.7 kJ/ 853.2 kcal	796.4 kJ/ 190.3 kcal
Fat (g)	40.6 g	9 g
Sat. Fat (g)	24.2 g	5.4 g
Carbohydrate (g)	80 g	17.9 g
Sugars (g)	14.3 g	3.2 g
Protein (g)	40.1 g	9 g
Salt (g)	2.2 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.

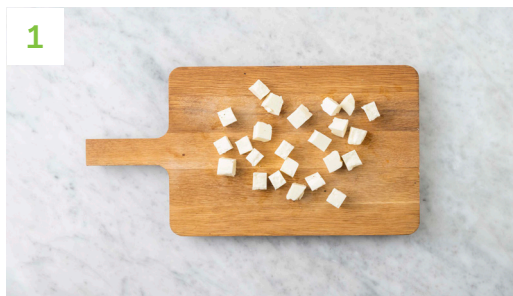
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **grilling cheese** into 2cm chunks.
- Pop them into a bowl of **water** to soak.
- Chop the **broccoli** into florets (little trees).



Fry the Cheese

- Heat a drizzle of **oil** in a pan on medium-high heat.
- Pat down the **cheese** with some kitchen paper.
- Once the **oil** is hot, add the **cheese** to the pan.
- Fry until golden all over, 4-6 mins. Turn every 1-2 mins.
- Once the **cheese** is golden, remove to a bowl, pop your pan back on medium-high heat and add a drizzle of **oil**.



Cook the Rice

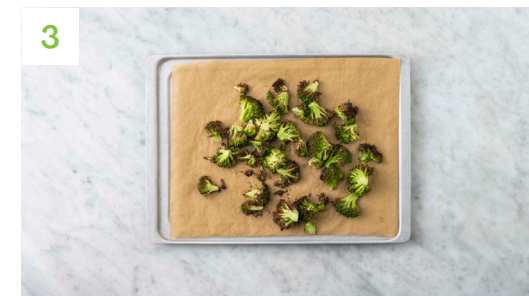
- Boil a large pot of **salted water** for the **rice**.
- Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: If you're in a hurry you can boil the water in your kettle.



Simmer Your Sauce

- Add the **onion** to the pan and cook until softened, 4-5 mins.
- Stir in the **garlic, korma paste** and **tomato paste** and cook for 1 min.
- Add 100ml **water** with 1 tsp **sugar** (double both for 4p) then stir in the **vegetable stock**.
- Bring to the boil and simmer until reduced by a third, 4-5 mins.
- Stir in half the **creme fraiche** (double for 4p), the **broccoli** and the **cheese** and cook until piping hot, 1-2 mins.



Roast the Broccoli

- Pop the **broccoli** florets onto a lined baking tray. Drizzle with **oil**, season with **pepper** then toss to coat.
- Spread out in one layer and roast on the top shelf of your oven until edges are slightly charred, 10-15 mins.
- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **scallion** and thinly slice.



Finish and Serve

- Taste the curry and add more **salt, pepper** or **sugar** if you feel it needs it.
- Add a splash of **water** if it's thickened too much.
- Fluff up the **rice** with a fork, then spoon into bowls.
- Top with the curry and a sprinkling of **scallions**.

Enjoy!