



# Creamy Veggie Curry

with roasted broccoli and basmati rice

Veggie 20-25 mins

9



Garlic



Creme Fraiche



Basmati Rice



Korma Curry Paste



Scallion



Grilling Cheese



Broccoli



Tomato Paste



Vegetable Stock



Onion

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

## Before you start

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

## Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Lid, Pot

## Ingredients

	2P	4P
Garlic	2 units	4 units
Crema Fraiche	62 ½ g	125 g
Basmati Rice	150 g	300 g
Korma Curry Paste	1 sachet	2 sachets
Scallion	1 unit	2 units
Grilling Cheese	200 g	400 g
Broccoli	1 unit	1 unit
Tomato Paste	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Onion	1 unit	2 units

## 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

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **grilling cheese** into 2cm chunks and 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.
- Remove the **cheese** from its bowl onto 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

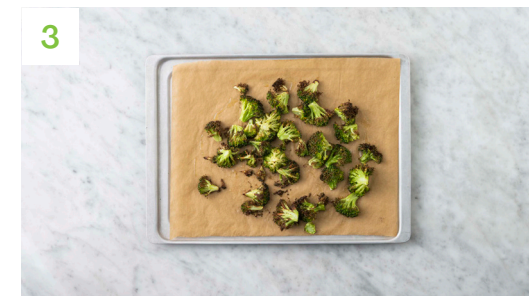
- Pour 300ml **water** (double for 4p) into a medium pot with a tight-fitting lid.
- Add the **rice** and ¼ tsp of **salt**. Cover with the lid and bring to the boil on medium-high heat. Once boiling turn the heat down to lowest setting.
- Cook for 10 mins then remove pot from heat (still covered). Leave for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).

**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.
- Pour 100ml **water** (double for 4p) and stir in the **vegetable stock** and 1 tsp **sugar** (double for 4p). Bring to the boil and simmer until reduced by a third, 4-5 mins.
- Stir in half the **crema fraiche** (double for 4p), **broccoli** and **cheese** and cook until combined and 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 a single layer and roast on the top shelf of your oven until the edges are crispy and 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!