



# Mushroom Pasanda

with Roast Cauliflower and Turmeric Rice

N° 8

**BALANCED** 35 Minutes • Under 600 Calories • Very Hot! • 3 of your 5 a day • Veggie



Chestnut Mushrooms



Green Beans



Coriander



Garlic Clove



Cauliflower Florets



Turmeric



Basmati Rice



Pasanda Seasoning



Vegetable Stock Powder



Raisins



Crème Fraîche

## Before you start

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

### Basic cooking tools you will need:

Baking Tray, Measuring Jug and two Large Saucepans (with Lids).

### Ingredients

	2P	3P	4P
Chestnut			
Mushrooms**	1 punnet	2 punnets	2 punnets
Green Beans**	1 small pack	1 large pack	1 large pack
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	1 clove	2 cloves
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Turmeric	1 pot	1 pot	2 pots
Cold Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Pasanda Seasoning	1 small pot	¼ large pot	1 large pot
Water for the Curry*	100ml	150ml	200ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Raisins	1 bag	1½ bag	2 bags
Crème Fraîche <b>7</b> **	100g	150g	200g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	484g	100g
Energy (kJ/kcal)	2343 /560	484 /116
Fat (g)	19	4
Sat. Fat (g)	9	2
Carbohydrate (g)	88	18
Sugars (g)	21	4
Protein (g)	14	3
Salt (g)	0.83	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7) Milk 10) Celery**

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Prep the Veggies

Preheat your oven to 200°C. Thinly slice the **mushrooms**. Trim the tops from the **green beans**, then chop into thirds. Finely chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press).



## 4. Start the Curry

Meanwhile, heat a splash of **oil** in another large saucepan over medium-high heat. Add the **mushrooms**. Cook, stirring frequently until the **mushrooms** have browned, 5-6 mins. Add the **garlic** and **pasanda spice blend** (don't add it all if you don't like spice). Stir and cook until fragrant, 1-2 mins.



## 2. Roast the Cauliflower

Pop the **cauliflower florets** onto a baking tray, drizzle over a splash of **oil** and season with **salt** and **pepper**. Sprinkle on **half** the **turmeric** and rub into the **cauliflower**. **TIP: Use gloves to do this if you don't want your hands to get stained by the turmeric.** Roast the **cauliflower** on the middle shelf of your oven until golden and charred at the edges, 15-20 mins. Turn half way through cooking.



## 5. Finish the Curry

Add the **water** (see ingredients for amount) and the **stock powder**, stir to dissolve the **stock** and bring to the boil. Once boiling, lower the heat to medium, add the **green beans** and **raisins** and pop the lid on. Simmer until the **beans** are tender, 6-8 mins. Remove the lid, add the **crème fraîche** and **simmer** for 3-4 mins more. Taste and add **salt** and **pepper** if necessary. Get ready to serve.



## 3. Cook the Rice

Pour the cold **water** for the rice (see ingredients for amount) into a medium saucepan with a tight fitting lid, stir in the **rice**, remaining **turmeric** 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 its lowest setting. Leave to cook for 10 mins, then remove the pan 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).



## 6. Serve

Fluff up the **rice** with a fork and stir in half the **coriander**. Share the **rice** between your plates, then spoon the **mushroom curry** over and around. Arrange the **cauliflower florets** on top and finish with a sprinkling of the remaining **coriander**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

### BALANCED RECIPE

**Under 600 Calories • Low Salt • Low Sugar**

**Featured Ingredient:** Cauliflower is high in vitamin K which is a fat soluble vitamin, essential for bone health.