



Indian Potato & Cauliflower Korma Soup

with Garlic Dippers

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Potato



Mini Flour Tortillas



Garlic Paste



Mild Curry Paste



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Chilli Flakes (Optional)



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based[^]
[^]Custom Recipe is not Plant Based
Carb Smart



Eat Me Early*

*Custom Recipe only

With this veggie-loaded korma soup, you've got all of the classic flavours paired with perfectly roasted veggies. The cauliflower and potatoes are truly the stars of the show and work splendidly with garlic tortilla strips ready for dunking.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
potato	2	4
mini flour tortillas	3	6
garlic paste	1 packet	2 packets
mild curry paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	2 cups	4 cups
baby spinach leaves	1 small packet	1 medium packet
chilli flakes (optional)	pinch	pinch
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1520kJ (363Cal)	306kJ (73Cal)
Protein (g)	9.9g	2g
Fat, total (g)	18.6g	3.7g
- saturated (g)	14.7g	3g
Carbohydrate (g)	37.7g	7.6g
- sugars (g)	16.7g	3.4g
Sodium (mg)	1666mg	335mg
Dietary Fibre (g)	10.2g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2235kJ (534Cal)	338kJ (81Cal)
Protein (g)	46.5g	7g
Fat, total (g)	21.1g	3.2g
- saturated (g)	15.4g	2.3g
Carbohydrate (g)	37.8g	5.7g
- sugars (g)	16.7g	2.5g
Sodium (mg)	1737mg	262mg
Dietary Fibre (g)	10.3g	1.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **cauliflower** (including stalk!) into small florets.
- Cut **carrot** and **potato** into bite-sized chunks.



Cook the soup

- Meanwhile, heat a large saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **mild curry paste** and remaining **garlic paste** until fragrant, **1 minute**.
- Stir in **coconut milk**, **vegetable stock powder** and the **water**.
- Bring to the boil, then reduce heat to medium and simmer until slightly reduced, **3-4 minutes**.

Custom Recipe: If you've added chicken tenderloins, cut chicken into 2cm chunks. Cook chicken before adding the mild curry paste, until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue with step.



Roast the veggies

- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



Bring it all together

- Remove saucepan from heat and stir through **baby spinach leaves** and **roasted veggies**.



Bake the tortilla strips

- When the veggies have **10 minutes** remaining, slice **mini flour tortillas** (see ingredients) into strips.
- In a small bowl, combine half the **garlic paste** and a drizzle of **olive oil**.
- Place **tortilla strips** on a second lined oven tray. Brush with **garlic oil** and season with **salt**.
- Toss to coat and bake until golden and crispy, **6-8 minutes**.

TIP: If your oven tray is crowded, divide between two trays. Don't worry if the tortillas overlap!



Serve up

- Divide Indian potato and cauliflower korma soup between bowls.
- Serve with tortilla strips.
- Sprinkle with a pinch of **chilli flakes** (if using) to serve. Enjoy!

Rate your recipe

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