

DINNERLY



 HEALTHY

Spring Vegetable Curry with Garlic Naan



20-30 minutes



4 Servings

Love Indian curry but no time for slow cooking? Check out this super quick dish of warming masala sweet potato curry with loads of greens and a side of garlic naan.

WHAT WE SEND

- 2 vegetable stock cubes
- 2 heads broccoli
- 140g baby spinach leaves
- 1 sweet potato
- 20g Indian masala seasoning¹⁷
- 4 naan breads^{1,3,6,7}

WHAT YOU NEED

- boiling water
- butter⁷
- garlic clove
- salt and pepper
- tomato paste
- vegetable oil

TOOLS

- foil
- large saucepan
- oven tray
- potato masher

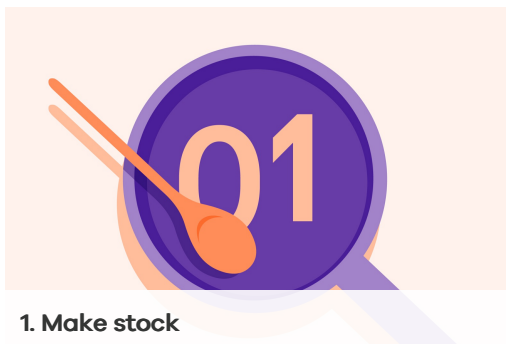
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 599kcal, Fat 26.1g, Carbs 66.7g, Proteins 17.3g



1. Make stock

Take **30g butter** out of the fridge to soften. Crumble the **stock cubes** into a heatproof jug, add **750ml (3 cups) boiling water** and stir until dissolved. Stir in **2 tbs tomato paste** until combined.



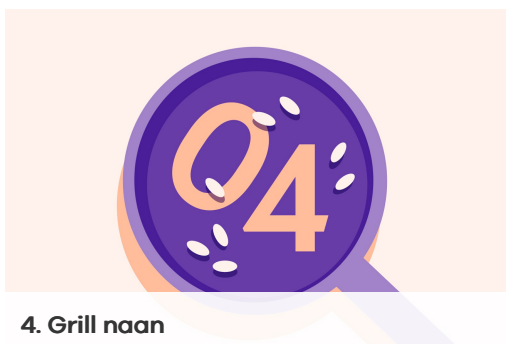
2. Prepare vegetables

Crush or finely chop **3 garlic cloves**. Cut the **broccoli** stems into 1cm chunks and cut the heads into small florets. Peel the **sweet potato** and cut into 2-3cm chunks.



3. Cook curry

Heat **2 tbs vegetable oil** in a large saucepan over medium heat. Add **half the garlic** and **2 tbs Indian masala seasoning**, season with **salt and pepper** and cook, stirring, for 2 mins or until soft and fragrant. Add the **sweet potato** and **stock** and cook, covered, for 10-12 mins until the sweet potato is tender.



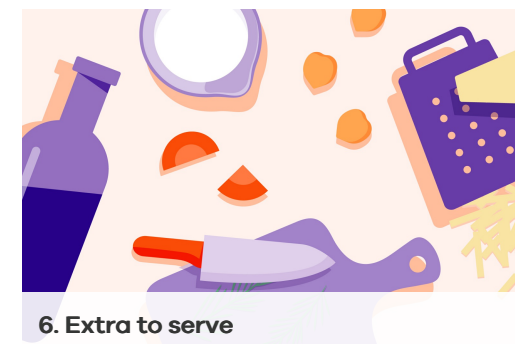
4. Grill naan

Meanwhile, preheat the grill to high. Line an oven tray with foil. Combine the softened **butter** and the **remaining garlic** in a bowl and season with **pepper**. Grill the **naan bread** for 1-2 mins until lightly charred and puffed up. Spread the naan with the **garlic butter** and keep warm.







5. Serve up

Using a potato masher, roughly smash the **sweet potato** in the pan until just starting to break down. Add the **broccoli** and cook, covered, for 3-4 mins until the broccoli is tender. Stir in the **spinach leaves** and cook for 30 seconds or until just wilted. Divide the **curry** among bowls and serve with the **garlic naan**.



6. Extra to serve

Add condiments at the table: a dollop of Greek-style yogurt, a spoonful of chutney or toasted nuts, such as pistachio or flaked almond.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from at least **95%**
Australian ingredients