



Mild Potato, Coconut and Cashew Curry

with Mango Chutney, Basmati Rice, Peas and Spinach

Family Kitchen Family Friendly

Preparation time : 30 min.



- | | |
|---|---|
|  |  |
| Salad Potatoes | Basmati Rice |
|  |  |
| Onion | Garlic Clove |
|  |  |
| Korma Curry Paste | Coconut Milk |
|  |  |
| Vegetable Stock Paste | Cashew Nuts |
|  |  |
| Mango Chutney | Peas |
|  |  |
| Baby Spinach | Water for the Rice |
|  |  |
| Sugar for the Onions | Water for the Sauce |



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/mild-potato-coconut-and-cashew-curry-395>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Medium Saucepan, Garlic Press, Lid, Colander, Kettle, Rolling Pin

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Salad Potatoes (grams)	350	500	700
Basmati Rice (grams)	150	225	300
Onion (unit(s))	1	2	2
Garlic Clove (unit(s))	2	3	4
Korma Curry Paste (grams)	50	75	100
Coconut Milk (milliliter(s))	180	250	360
Vegetable Stock Paste (grams)	10	15	20
Cashew Nuts (grams)	25	50	50
Mango Chutney (grams)	40	60	80
Peas (grams)	120	240	240
Baby Spinach (grams)	40	100	100
Water for the Rice (milliliter(s))	300	450	600
Sugar for the Onions (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	75	120	150
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	3455 kj
Energy (kcal)	826 kcal
Fat	26.9 g
of which saturates	15.7 g
Carbohydrate	127.3 g
of which sugars	26.7 g
Dietary Fibre	12.4 g
Protein	20.4 g
Salt	2.61 g

Allergens

Mustard, Pecan Nuts, May contain traces of allergens, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Almonds, Cashew nuts, Walnuts, Nuts

Always check the product labels for allergen information.



Get Started

Boil a full kettle.
Quarter the **salad potatoes** (no need to peel). Cut any larger ones into 2cm chunks.
Pour the **boiled water** into a saucepan with ½ **tsp salt** and bring back to the boil on high heat.
Once boiling, add the **potatoes**, reduce the heat and simmer until just tender, 12-15 mins. Once cooked, drain in a colander.



Build the Flavour

While the **onion** cooks, peel and grate the **garlic** (or use a garlic press).
Add the **garlic** and **korma curry paste** to the **onion** and fry for a further min.
Stir in the **coconut milk**, **vegetable stock paste** and **water for the sauce** (see pantry for amount). Simmer until lightly thickened, 2-3 mins.
Meanwhile, crush the **cashews** in the unopened sachet using a rolling pin.



Boil the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.
Stir in the **rice** and ¼ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.
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).



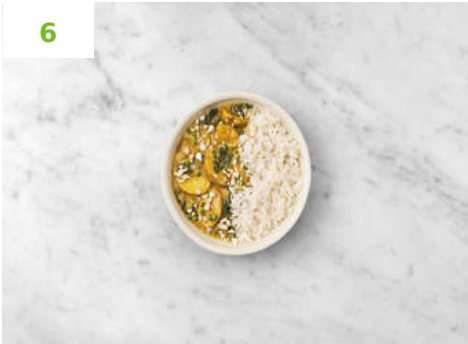
Final Touches

Once the **potatoes** are cooked, add to the **coconut curry**. Stir in the **mango chutney** and season with **salt** and **pepper**.
Make kid friendly: *If your kids don't want the veg, then you can serve the kids curry portions before adding the spinach and peas.*
For those who want the **veg**, add the **peas** and **spinach** to the **curry** a handful at a time until the **spinach** is wilted and piping hot, 1-2 mins.



Caramelise the Onion

While everything's cooking, halve, peel and chop the **onion** into small pieces.
Heat a drizzle of **oil** and a knob of **butter** (if you have any) in a medium saucepan on medium heat.
Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 8-10 mins.
Add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.



Serve

Share the **rice** between your serving bowls.
Serve the **curry** on top of the **rice**.
Scatter the **cashew nuts** over the adult portions (and any kids' portions if they want them too!).

Enjoy your meal!