



# Indian Chickpea Coconut Curry

with Garlic Flatbread Dippers & Yoghurt

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



White Turnip



Garlic



Mini Flour Tortillas



Chickpeas



Mumbai Spice Blend



Ginger Paste



Tomato Paste



Mild Curry Paste



Coconut Milk



Baby Spinach Leaves



Greek-Style Yoghurt



Chicken Breast

Prep in: 30-40 mins  
Ready in: 40-50 mins

Eat Me Early\*  
\*Custom Recipe only

Roasting an array of colourful veggies is an instant winner and a great way to boost any curry. Stir the veggies and the chickpeas through a tomato spiced curry sauce, mild and with notes of ginger, to allow everything to blend into one big bowl of deliciousness.

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

### Pantry items

Olive Oil, Brown Sugar

## 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 frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
carrot	1	2
white turnip	1	2
garlic	4 cloves	8 cloves
mini flour tortillas	6	12
chickpeas	1 tin	2 tins
Mumbai spice blend	1 medium sachet	2 medium sachets
ginger paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
mild curry paste	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
coconut milk	1 small packet	1 large packet
<b>water*</b>	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3986kJ (953Cal)	493kJ (118Cal)
Protein (g)	34.3g	4.2g
Fat, total (g)	38.5g	4.8g
- saturated (g)	19.5g	2.4g
Carbohydrate (g)	121.2g	15g
- sugars (g)	27.4g	3.4g
Sodium (mg)	1636mg	202mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4745kJ (1134Cal)	490kJ (117Cal)
Protein (g)	66.8g	6.9g
Fat, total (g)	44.2g	4.6g
- saturated (g)	21.2g	2.2g
Carbohydrate (g)	121.2g	12.5g
- sugars (g)	27.4g	2.8g
Sodium (mg)	1735mg	179mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato, carrot** and **white turnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle over **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



## Start the curry

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **Mumbai spice blend, ginger paste, tomato paste** and the remaining **garlic** until fragrant, **1 minute**.
- Add **mild curry paste, the brown sugar, coconut milk, the water** and **chickpeas**. Stir to combine. Simmer until slightly reduced, **2-3 minutes**.

**TIP:** Add a splash of water if the curry is looking dry.

**Custom Recipe:** Before cooking the spices, heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step.



## Get prepped

- While the veggies are roasting, finely chop **garlic**.
- In a small bowl, combine half the **garlic**, a pinch of **salt** and **pepper** and a generous drizzle of **olive oil**.
- Slice **mini flour tortillas** into wedges. Drain and rinse **chickpeas**.

**Custom Recipe:** If you've added chicken breast to your meal, cut chicken into 2cm chunks.



## Finish the curry

- Add the **roasted veggies** and **baby spinach leaves** to the curry and stir to combine. Season to taste.

**Custom Recipe:** Return the chicken to the pan along with the roasted veggies and spinach.



## Bake the flatbread dippers

- Place **flatbread** wedges in a single layer on a second lined oven tray (don't worry if they overlap) and drizzle or brush with the **garlic oil**. Season with **salt** and **pepper**.
- Bake until golden, **8-10 minutes**.



## Serve up

- Divide Indian chickpea coconut curry between bowls. Dollop with **Greek-style yoghurt**.
- Serve with garlic flatbread dippers. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)