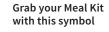


Indian Chickpea Coconut Curry

with Garlic Flatbread Dippers & Yoghurt

WINTER WARMERS

CLIMATE SUPERSTAR











White Turnip





Mini Flour Tortillas

Chickpeas







Mumbai Spice Blend

Ginger Paste







Tomato Paste

Mild Curry Paste



Baby Spinach

Coconut Milk



Greek-Style Yoghurt



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



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.

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 \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	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		
brown sugar*	1 tsp	2 tsp		
coconut milk	1 small packet	1 large packet		
water*	1/4 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 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

2023 | CW29





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.



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.



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.



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.



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.



Serve up

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

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