

# Moroccan Chickpea & Roast Veggie Curry with Garlic Rice & Coriander

Grab your Meal Kit with this symbol



Prep in: 20-30 mins Ready in: 30-40 mins Eat Me Early\* 11 \*Custom Recipe only

Plant Based^
 ^Custom Recipe is
 not Plant Based

Enjoy the medley of fragrant flavours in this Moroccan-spiced curry with a gentle warming heat. Make it a low fuss meal that doesn't sacrifice on flavour with chickpeas that add a moreish bite when added to the creamy roast veggie curry sauce.

Pantry items Olive Oil, Plant-Based Butter, Brown Sugar

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

#### 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

#### Ingredients

<b>U</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
garlic	2 cloves	4 cloves
chickpeas	½ tin	1 tin
chermoula spice blend	1 sachet	1 sachet
plant-based butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
Moroccan curry paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
plant-based cream	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	1⁄4 cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
coriander	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

# \*Pantry Items \*\*Custom Recipe Ingredient Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3147kJ (752Cal)	585kJ (140Cal)
Protein (g)	17.9g	3.3g
Fat, total (g)	29.3g	5.4g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	96.4g	17.9g
- sugars (g)	17.9g	3.3g
Sodium (mg)	1762mg	328mg

#### Custom Recipe

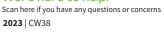
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3893kJ (930Cal)	558kJ (133Cal)
Protein (g)	51g	7.3g
Fat, total (g)	34.5g	4.9g
- saturated (g)	9.5g	1.4g
Carbohydrate (g)	97.2g	13.9g
- sugars (g)	18g	2.6g
Sodium (mg)	1862mg	267mg

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!





#### Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Roughly chop **carrot**. Cut **cauliflower** into small florets.
- Finely chop garlic. Drain and rinse chickpeas (see ingredients).

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



# Roast the veggies

- Place carrot, cauliflower and chermoula spice blend on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



# Cook the garlic rice

- Meanwhile, in a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat.
- Cook garlic until fragrant, 1-2 minutes.
   Add basmati rice, water (for the rice) and a pinch of salt, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



# Serve up

- Divide garlic rice between bowls.
- Top with Moroccan chickpea and roast veggie curry.
- Tear over **coriander** to serve. Enjoy!

## Start the curry

- When the veggies have 5 minutes remaining, heat a large frying pan over medium heat with a drizzle of olive oil.
- Cook Moroccan curry paste and tomato paste until fragrant, 1 minute.
- Add chickpeas, plant-based cream, vegetable stock powder, the brown sugar and water (for the sauce).
- Bring to a simmer and cook until slightly reduced, **1-2 minutes**.

**Custom Recipe:** Heat the pan as above. Before adding curry paste, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.



# Bring it all together

 Remove pan from the heat, then add roasted veggies and baby spinach leaves. Stir until wilted.

**TIP:** Add a splash more water if the curry looks too thick.

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