



Moroccan Chickpea & Roast Veggie Curry

with Garlic Rice & Coriander

Grab your Meal Kit with this symbol



Carrot



Cauliflower



Garlic



Chickpeas



Chermoula Spice Blend



Basmati Rice



Moroccan Curry Paste



Tomato Paste



Plant-Based Cream



Vegetable Stock Powder



Baby Spinach Leaves



Coriander



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based[^]

[^]Custom Recipe is not Plant Based



Eat Me Early*

*Custom Recipe only

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.

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

Pantry items

Olive Oil, Plant-Based Butter, 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

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

Ingredients

	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)	¼ 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](https://www.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



1



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.

4



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.

2



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**.

5



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.

3



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!

6



Serve up

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

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