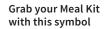


Sri Lankan-Style Chickpea & Veggie Curry with Rapid Rice & Coriander

NEW

CLIMATE SUPERSTAR













Chickpeas



Basmati Rice

Sri Lankan

Tomato Paste

Spice Blend

Garlic Paste



Coconut Milk



Vegetable Stock



Powder



Coriander



Baby Spinach

Leaves



Prep in: 10-20 mins Ready in: 30-40 mins

Plant Based* *Custom Recipe is not Plant Based **Pantry items** Olive Oil

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 \cdot Medium saucepan \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
chickpeas	1 tin	2 tins
basmati rice	1 packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
garlic paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	1/4 cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
coriander	½ bag	1 bag
Greek-style yoghurt**	1 medium packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2988kJ (714Cal)	496kJ (119Cal)
Protein (g)	27.2g	4.5g
Fat, total (g)	24.9g	4.1g
- saturated (g)	15.8g	2.6g
Carbohydrate (g)	111.4g	18.5g
- sugars (g)	10.2g	1.7g
Sodium (mg)	1390mg	231mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3171kJ (758Cal)	486kJ (116Cal)
Protein (g)	30.1g	4.6g
Fat, total (g)	27.2g	4.2g
- saturated (g)	17.2g	2.6g
Carbohydrate (g)	117.7g	18g
- sugars (g)	13.1g	2g
Sodium (mg)	1418mg	217mg

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





Roast the veggies

- Preheat oven to 220°C/200°C fan-forced. Boil the kettle. Chop cauliflower (including stalk!) into small florets. Cut carrot into bite-sized chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil, season with salt
 and toss to coat.
- Spread out evenly, then roast until tender and brown around edges,
 20-25 minutes.



Cook the rice

- Meanwhile, drain and rinse chickpeas.
- Half-fill a medium saucepan with boiling water. Add basmati rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes.
- · Drain and set aside.



Make the curry

- When the veggies have 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook chickpeas, tossing occasionally, until tender, 2-3 minutes.
- Add Sri Lankan spice blend, tomato paste and garlic paste and cook, until fragrant, 1-2 minutes.
- Add coconut milk, vegetable stock powder and the water and simmer, until slightly reduced, 2-3 minutes.
- Remove pan from heat, add roast veggies and baby spinach leaves, and stir until wilted. Season to taste.



Serve up

- Divide rapid rice between bowls.
- Top with Sri Lankan chickpea and veggie curry.
- Tear over coriander (see ingredients) to garnish. Enjoy!

Custom Recipe: If you've added Greek-style yoghurt, dollop yoghurt over the chickpea curry to serve.