



# Sri Lankan-Style Chickpea & Veggie Curry

with Rapid Rice & Coriander

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Chickpeas



Basmati Rice



Sri Lankan Spice Blend



Tomato Paste



Garlic Paste



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Coriander



Greek-Style Yoghurt

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



Plant Based\*

\*Custom Recipe is not Plant Based

This creamy chickpea curry is like a golden sunset. Filled to the brim with bright veggies and bathed in a deliciously rich tomato-based sauce, we reckon this beaming bowl will add the spice you never knew you needed to your night.

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

### 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 · Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>water*</b>	¼ 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](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



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## 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**.

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## 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.

2



## 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.

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## 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.

## Rate your recipe

Did we make your tastebuds happy?

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