



Mumbai Coconut Chickpea Curry

with Jasmine Rice & Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Cauliflower



Mild North Indian Spice Blend



Jasmine Rice



Garlic



Chickpeas



Flaked Almonds



Mumbai Spice Blend



Coconut Milk



Tomato Paste



Vegetable Stock Powder



Baby Leaves



Coriander



Greek-Style Yoghurt



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Rich, creamy and aromatic, this mild curry has all the elements that make Indian food so appealing. Packed with flavour, it comes together easily for a mouth-watering meal that's bound to win hearts!

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

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cauliflower	1 medium portion	1 large portion
mild North Indian spice blend	1 medium sachet	1 large sachet
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
chickpeas	1 tin	2 tins
flaked almonds	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium sachets
coconut milk	1 medium packet	2 medium packets
tomato paste	1 packet	2 packets
salt*	¼ tsp	½ tsp
brown sugar*	½ tsp	1 tsp
vegetable stock powder	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
coriander	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962kJ (708Cal)	340kJ (81Cal)
Protein (g)	27.5g	3.2g
Fat, total (g)	23.9g	2.7g
- saturated (g)	16.5g	1.9g
Carbohydrate (g)	117.6g	13.5g
- sugars (g)	21.6g	2.5g
Sodium (mg)	1919mg	220mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3733kJ (892Cal)	356kJ (85Cal)
Protein (g)	66.4g	6.3g
Fat, total (g)	27.1g	2.6g
- saturated (g)	17.5g	1.7g
Carbohydrate (g)	118.6g	11.3g
- sugars (g)	21.7g	2.1g
Sodium (mg)	2053mg	196mg

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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into bite-sized chunks. Cut **cauliflower** into small florets.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **mild North Indian spice blend** and season with **salt** and **pepper**.
- Toss to coat and roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.



Start the curry

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** and **Mumbai spice blend** until fragrant, **1 minute**.
- Add **coconut milk**, **tomato paste**, **chickpeas**, the **salt** and **brown sugar** and stir to combine. Bring to the boil, then reduce the heat to medium-low. Simmer until the curry has reduced slightly, **8-10 minutes**.



Cook the rice

- In a medium saucepan, add the **water** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Finish the curry

- Add the **roasted veggies**, **vegetable stock powder** and **baby leaves** to the **curry** and stir through until wilted. Season to taste.

Custom Recipe: Add cooked chicken along with roasted veggies and baby leaves.



Get prepped

- While the veggies are roasting, finely chop **garlic**. Drain and rinse **chickpeas**.
- Heat a large deep frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a plate.

Custom Recipe: If you've added chicken breast, cut into 2cm chunks. After toasting flaked almonds, return the pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate.



Serve up

- Divide jasmine rice between bowls. Top with Mumbai coconut chickpea curry.
- Garnish with toasted almonds and tear over **coriander**. Serve with a dollop of **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW16

