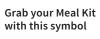


Mumbai Coconut Chickpea Curry

with Jasmine Rice & Yoghurt

CLIMATE SUPERSTAR















Indian Spice Blend



Jasmine Rice





Chickpeas





Flaked Almonds





Coconut Milk





Vegetable Stock



Baby Leaves

Powder





Coriander



Greek-Style Yoghurt







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



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!

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 with a lid \cdot Large deep frying pan

Ingredients

9			
	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*	1/4 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 356kJ (85Cal) Energy (kJ) 3733kJ (892Cal) 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 21.7g - sugars (g) 2.1g Sodium (mg) 2053mg

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.



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!



Get prepped

- While the veggies are roasting, finely chop garlic.
 Drain and rinse chickpeas.
- Heat a large deep frying pan over mediumhigh 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.



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.



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.



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!

