



Hearty Chickpea & Cauliflower Korma Filo Pie with Veggies

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Chickpeas



Garlic



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Leaves



Filo Pastry



Chicken Breast

Prep in: 25-35 mins
Ready in: 50-60 mins

Calorie Smart[^]
[^]Custom Recipe is not Calorie Smart

Eat Me Early*
*Custom Recipe only

A curry pie is the blend of two perfect warm dishes coming together to deliver us a hearty dinner. Korma curry is peppered with chickpeas and a rich variety of veggies like cauliflower and carrot, with a golden filo pastry to hold all the delicious flavours in a pie that will surely be gobbled up in no time.

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

Pantry items

Olive Oil, Butter

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 · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
chickpeas	1 tin	2 tins
garlic	2 cloves	4 cloves
butter*	20g	40g
Mumbai spice blend	1 medium sachet	2 medium sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
baby leaves	1 small packet	1 medium packet
filo pastry	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)	2635kJ (630Cal)	475kJ (114Cal)
Protein (g)	25.9g	4.7g
Fat, total (g)	28.8g	5.2g
- saturated (g)	20.7g	3.7g
Carbohydrate (g)	85.4g	15.4g
- sugars (g)	11.5g	2.1g
Sodium (mg)	1577mg	284mg
Dietary Fibre (g)	23.6g	4.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3406kJ (814Cal)	465kJ (111Cal)
Protein (g)	64.8g	8.9g
Fat, total (g)	32.1g	4.4g
- saturated (g)	21.7g	3g
Carbohydrate (g)	86.4g	11.8g
- sugars (g)	11.7g	1.6g
Sodium (mg)	1712mg	234mg
Dietary fibre	23.6mg	3.2mg

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

2024 | CW17



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **cauliflower** 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**.

4



Finish the filling

- Remove pan from heat, then add **roasted veggies** and **baby leaves**, stirring, until wilted. Season to taste.
- Transfer **chickpea filling** to a baking dish.

Custom Recipe: Return cooked chicken to pan with roasted veggies.

2



Get prepped

- Meanwhile, drain and rinse **chickpeas**. Finely chop **garlic**.
- Place the **butter** in a small microwave-safe bowl and microwave in **10 second** bursts until melted.

Custom Recipe: If you've added chicken breast, drain, rinse and use half the chickpeas. Cut chicken into 2cm chunks.

5



Bake the pie

- Lightly scrunch each sheet of **filo pastry** and place on top of **chickpea mixture** to completely cover.
- Gently brush **melted butter** over to coat.
- Bake **pie** until golden, **15-20 minutes**.

3



Cook the filling

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chickpeas**, **Mumbai spice blend**, **mild North Indian spice blend** and **garlic** until fragrant, **1-2 minutes**.
- Lightly crush **chickpeas** with a fork, then add **coconut milk**, **vegetable stock powder** and the **water** and simmer until slightly reduced, **2-3 minutes**.

Custom Recipe: Before cooking chickpeas, heat frying pan over 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 bowl and continue with recipe.

6



Serve up

- Divide chickpea and cauliflower korma fillo pie between plates. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate