



# Indian Chickpea & Baby Broccoli Curry

with Garlic Rice & Cashews

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Baby Broccoli



Chickpeas



Tomato Paste



Bengal Curry Paste



Mumbai Spice Blend



Vegetable Stock Powder



Cream



Baby Leaves



Mint



Crushed Roasted Cashews

Prep in: **15-25** mins  
Ready in: **20-30** mins

Enjoy a bowl of creamy and rich Indian curry, loaded with colourful veggies and aromatic spices. With a sprinkling of roasted cashews to finish it all off, this delicious meal will beat your local takeaway joint!

### Pantry items

Olive Oil, Butter, 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

Medium sauce pan with lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b> (for the rice)	1¼ cup	2 ½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
baby broccoli	½ medium bunch	1 medium bunch
chickpeas	1 tin	2 tins
tomato paste	1 packet	2 packets
Bengal curry paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b> (for the curry)	1 cup	2 cups
cream	½ packet	1 packet
<b>brown sugar*</b>	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
mint	1 packet	1 packet
crushed roasted cashews	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3933kJ (940Cal)	723kJ (173Cal)
Protein (g)	25.2g	4.6g
Fat, total (g)	40.3g	7.4g
- saturated (g)	18.7g	3.4g
Carbohydrate (g)	110.9g	20.4g
- sugars (g)	16.8g	3.1g
Sodium (mg)	1308mg	240mg
Dietary Fibre (g)	21.2g	3.9g

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.



## Cook the garlic rice

- Finely chop **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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



## Finish the curry

- Add **cream** (see ingredients), **baby broccoli** and the **brown sugar** to the pan. Simmer until veggies are tender, **5-6 minutes**.



## Get prepped

- While the **rice** is cooking, thinly slice **carrot** into half-moons. Trim **baby broccoli**, then cut into bite-sized chunks. Drain and rinse **chickpeas**.



## Add the baby leaves

- Stir through **baby leaves** until wilted, **2 minutes**. Season to taste.



## Start the curry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **carrot** and cook until tender, **3-4 minutes**.
- **SPICY!** This is a mild curry paste, but use less if you're sensitive to heat! Add remaining **garlic**, **tomato paste**, **Bengal curry paste**, **Mumbai spice blend** and **vegetable stock powder**. Cook, stirring, until fragrant, **1-2 minutes**.
- Add **chickpeas** and **water (for the curry)** and stir to combine. Simmer until thickened, **2-3 minutes**.



## Serve up

- Divide garlic rice between bowls and top with creamy Indian chickpea curry.
- Tear over **mint** and garnish with **crushed roasted cashews** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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