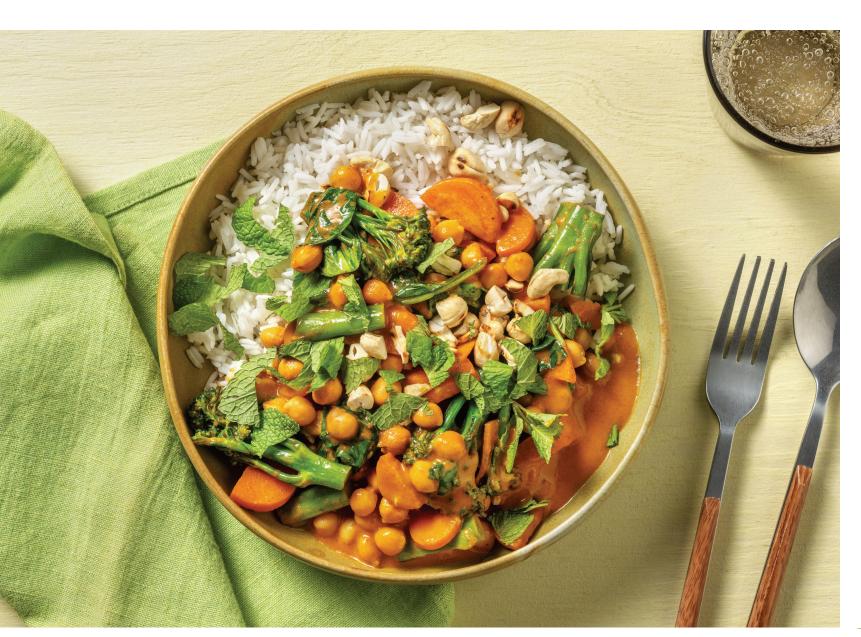


# Indian Chickpea & Baby Broccoli Curry with Garlic Rice & Cashews

Grab your Meal Kit with this symbol











Carrot



Baby Broccoli





Tomato Paste

Chickpeas



Bengal Curry



Mumbai Spice Blend



Vegetable Stock Powder



Cream



**Baby Leaves** 





Crushed Roasted Cashews

**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  $\cdot$  Large frying pan

#### Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
butter*	20g	40g	
water* (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	
water* (for the curry)	1 cup	2 cups	
cream	½ packet	1 packet	
brown sugar*	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	

<sup>\*</sup>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 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!



## 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.



## 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.



#### Finish the curry

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



#### Add the baby leaves

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



#### 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!

