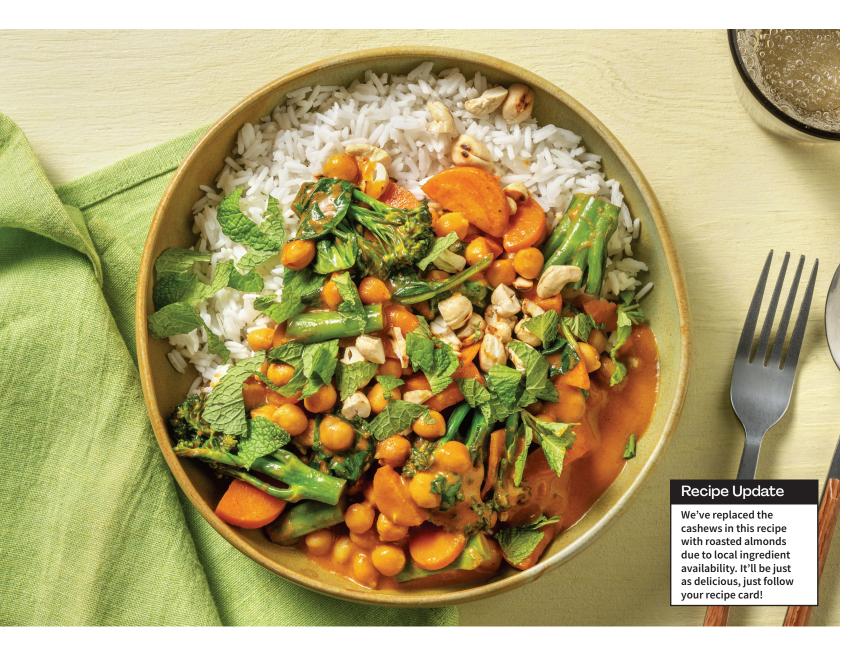


Indian Chickpea & Baby Broccoli Curry with Garlic Rice & Roasted Almonds

Grab your meal kit with this number













Baby Broccoli





Roasted Almonds







Tomato Paste

Bengal Curry







Mumbai Spice

Vegetable Stock Powder





Baby Leaves







Pantry items Olive Oil, Butter, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 saucepan with a lid · Large frying pan

Ingredients

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	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 cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
carrot	1	2	
baby broccoli	½ medium bunch	1 medium bunch	
roasted almonds	1 packet	2 packets	
chickpeas	1 tin	2 tins	
tomato paste	1 packet	2 packets	
Bengal curry paste	1 medium packet	1 large packet	
Mumbai spice blend	1 sachet	2 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	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3565kJ (852Cal)	571kJ (136Cal)
Protein (g)	23.2g	3.7g
Fat, total (g)	50.8g	8.1g
- saturated (g)	24.6g	3.9g
Carbohydrate (g)	70.7g	11.3g
- sugars (g)	18.1g	2.9g
Sodium (mg)	2502mg	401mg
Dietary Fibre (g)	19.4g	3.1g

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 the butter with a dash of olive oil over medium heat. Cook half the garlic until fragrant, 1-2 minutes.
- Add the water (for the rice), jasmine rice 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 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 (see ingredients), then cut into bite-sized chunks. Roughly chop roasted almonds.
- 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 Indian chickpea curry.
- Tear over mint and sprinkle with roasted almonds to serve. Enjoy!







Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

