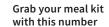


# Curried Chickpea & Cauliflower Filo Pie

with Baby Leaves













Chickpeas





Mumbai Spice





Coconut Milk



Vegetable Stock





Filo Pastry

**Baby Leaves** 





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



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.

**Pantry items** Olive Oil, Butter

#### 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

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

# **Inaredients**

	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 sachet	2 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*	1/4 cup	½ cup
baby leaves	1 small packet	1 medium packet
filo pastry	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2192kJ (523Cal)	401kJ (95Cal)
Protein (g)	20.2g	3.7g
Fat, total (g)	29.4g	5.4g
- saturated (g)	21g	3.8g
Carbohydrate (g)	66.8g	12.2g
- sugars (g)	11.4g	2.1g
Sodium (mg)	3208mg	588mg
Dietary Fibre (g)	16g	2.9g

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.



# 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.



# Cook the filling

- 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.



# 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



## 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.



## Assemble the pie

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



## Serve up

• Divide curried chickpea and cauliflower filo pie between plates to serve. Enjoy!



We're here to help!