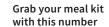


Curried Chickpea & Cauliflower Filo Pie

with Baby Leaves

















Mumbai Spice







Coconut Milk



Vegetable Stock Powder



Baby Leaves



Filo Pastry



Shredded Cheddar Cheese



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

^{*}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

- When the veggies have 5 minutes remaining, 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 completely cover.
- 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. Enjoy!



We're here to help!