

# Curried Chickpea & Cauliflower Filo Pie

with Baby Leaves

Grab your meal kit with this number

8



Cauliflower



Carrot



Chickpeas



Garlic



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Leaves



Filo Pastry



Shredded Cheddar Cheese



Chicken Breast

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

Calorie Smart

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>butter*</b>	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
<b>water*</b>	¼ 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](https://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**.



## 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.



## 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.



## 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**.



## 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**.



## Serve up

- Divide curried chickpea and cauliflower filo pie between plates. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



### CUSTOM OPTIONS

**+** **ADD CHEDDAR CHEESE**  
Sprinkle over before serving.

**+** **ADD CHICKEN BREAST**  
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.

