

# Indian Chickpea & Baby Broccoli Curry

with Garlic Rice & Crushed Peanuts

Grab your meal kit with this number

34



Garlic



Jasmine Rice



Carrot



Baby Broccoli



Chickpeas



Tomato Paste



Bengal Curry Paste



Mumbai Spice Blend



Vegetable Stock Powder



Cream



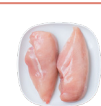
Baby Leaves



Mint



Crushed Peanuts



Chicken Breast



Chicken Thigh

Prep in: 25-35 mins  
Ready in: 30-40 mins

Enjoy a bowl of creamy and rich Indian curry, loaded with colourful veggies and aromatic spices. With a sprinkling of crushed peanuts to finish it all off, this delicious meal is sure to beat your local takeaway joint!

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
baby broccoli	½ bunch	1 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 sachet	2 sachets
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b> (for the curry)	1 cup	2 cups
cream	½ packet	1 packet
<b>brown sugar*</b>	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
mint	½ packet	1 packet
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3487kJ (833Cal)	562kJ (134Cal)
Protein (g)	23.6g	3.8g
Fat, total (g)	48.7g	7.8g
- saturated (g)	24g	3.9g
Carbohydrate (g)	68.6g	11.1g
- sugars (g)	19.2g	3.1g
Sodium (mg)	1205mg	194mg
Dietary Fibre (g)	19.7g	3.2g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



## Cook the garlic rice

1. Finely chop **garlic**.
2. 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**.
3. 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.
4. 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!



## Finish the curry

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



## Get prepped

1. While the rice is cooking, thinly slice **carrot** into half-moons.
2. Trim **baby broccoli (see ingredients)**, then cut into bite-sized chunks.
3. Drain and rinse **chickpeas**.



## Add the baby leaves

1. Stir through **baby leaves** until wilted, **2 minutes**. Season to taste with **salt** and **pepper**.



## Start the curry

1. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, tossing, until tender, **3-4 minutes**.
2. **SPICY!** This is a mild curry paste, but use less if you're sensitive to heat! Add **tomato paste**, **Bengal curry paste**, **Mumbai spice blend**, **vegetable stock powder** and remaining **garlic**. Cook, stirring until fragrant, **1-2 minutes**.
3. Add **chickpeas** and the **water (for the curry)** and stir to combine. Simmer until thickened, **2-3 minutes**.



## Serve up

1. Divide garlic rice between bowls and top with Indian chickpea curry.
2. Tear over **mint (see ingredients)** and garnish with **crushed peanuts** to serve. Enjoy!

## CUSTOM OPTIONS



### ADD CHICKEN BREAST

Cut into 2cm chunks. Before starting the curry, cook until cooked through, 4-6 minutes. Continue with recipe.



### ADD CHICKEN THIGH

Cut into 2cm chunks. Before starting the curry, cook until cooked through, 4-6 minutes. Continue with recipe.

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

