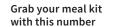


Curried Chickpea & Cauliflower Filo Pie

with Baby Leaves

CLIMATE SUPERSTAR

















Mumbai Spice







Coconut Milk



Powder

Vegetable Stock



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 \cdot Large frying pan \cdot Medium or large baking dish

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
cauliflower	1 medium portion	2 medium portions	
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	½ medium packet	1 medium packet	
filo pastry	1 medium packet	1 large packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2231kJ (533Cal)	409kJ (97Cal)
Protein (g)	20.4g	3.7g
Fat, total (g)	29.4g	5.4g
- saturated (g)	21g	3.8g
Carbohydrate (g)	69.2g	12.7g
- sugars (g)	12.6g	2.3g
Sodium (mg)	1912mg	350mg
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**.



Get prepped

- 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

CUSTOM

OPTIONS

- Remove pan from heat, then add roasted veggies and baby leaves (see ingredients), 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 to serve. Enjoy!

