



Curried Chickpea & Cauliflower Filo Pie

with Baby Leaves

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



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
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*	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



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 (see ingredients)**, stirring, until wilted. Season to taste.
- Transfer **chickpea filling** to a baking dish.



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.



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 fillo pie between plates to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHEDDAR CHEESE
Sprinkle over before serving.

+ ADD CHICKEN BREAST
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Add to filling.

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

