



Mumbai Chickpea & Cauliflower Curry

with Rapid Rice & Coriander

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Cauliflower



Carrot



Curry Powder



Chickpeas



Basmati Rice



Mumbai Spice Blend



Tomato Paste



Garlic Paste



Coconut Milk



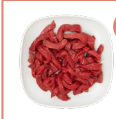
Vegetable Stock Powder



Baby Leaves



Coriander



Beef Strips



Chicken Breast

Prep in: 10-20 mins
Ready in: 30-40 mins



This creamy chickpea curry is like a golden sunset. Filled to the brim with bright veggies and bathed in a deliciously rich tomato-based sauce, we reckon this beaming bowl will add the spice you never knew you needed to your night.

Pantry items

Olive Oil

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 · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
curry powder	1 sachet	2 sachets
chickpeas	1 tin	2 tins
basmati rice	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
tomato paste	1 packet	2 packets
garlic paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
baby leaves	1 small packet	1 medium packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2707kJ (646Cal)	451kJ (107Cal)
Protein (g)	24.3g	4g
Fat, total (g)	26.6g	4.4g
- saturated (g)	16.4g	2.7g
Carbohydrate (g)	100.9g	16.8g
- sugars (g)	13.3g	2.2g
Sodium (mg)	1115mg	186mg
Dietary Fibre (g)	17.7g	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

2025 | CW01



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Cut **cauliflower** into small florets. Cut **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Sprinkle with **curry powder**, 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**.

3



Make the curry

- When the veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chickpeas**, tossing occasionally, until tender, **2-3 minutes**.
- Add **Mumbai spice blend**, **tomato paste** and **garlic paste** and cook, until fragrant, **1-2 minutes**. Add **coconut milk**, **vegetable stock powder** and the **water** and simmer, until slightly reduced, **2-3 minutes**.
- Remove pan from heat, then add **roast veggies** and **baby leaves**, then stir until wilted. Season to taste.

CUSTOM OPTIONS



ADD BEEF STRIPS

Before cooking the curry, cook beef, tossing, 1-2 minutes. Transfer to a plate. Return to pan with veggies.



ADD CHICKEN BREAST

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

2



Cook the rice

- Meanwhile, drain and rinse **chickpeas**.
- Half-fill a medium saucepan with boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and set aside.

4



Finish & serve

- Divide rapid rice between bowls.
- Top with Mumbai chickpea and veggie curry.
- Tear over **coriander** to garnish. Enjoy!

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

