

Easy Baked Thai Green Chickpea Curry

with Basmati Rice & Peanuts

Grab your Meal Kit
with this symbol



Chickpeas



Carrot



Green Beans



Thai Green
Curry Paste



Garlic Paste



Coconut Cream



Basmati Rice



Baby Spinach
Leaves




Roasted Peanuts



Coriander

 Hands-on: **10-20 mins**
Ready in: **35-45 mins**

 Spicy (Thai green
curry paste)

Enjoy the medley of fragrant flavours in this green curry with a gentle warming heat. Make it a low fuss meal that doesn't sacrifice on flavour with our new method for rapid rice and chickpea chunks that add a moreish bite as they soak up the rich coconut sauce. Top it off with addictively crunchy peanuts and you've got yourself an easy way to enjoy a taste of Thailand at home.

Unfortunately, this week's broccolini was in short supply, so we've replaced it with green beans.

Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium or large baking dish · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chickpeas	1 tin	2 tins
carrot	1	2
green beans	1 bag (200g)	1 bag (400g)
Thai green curry paste	1 tin	2 tins
garlic paste	1 packet	1 packet
coconut cream	1 tin (200ml)	1 tin (400ml)
water* (for the curry)	½ cup	1 cup
basmati rice	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
rice wine vinegar*	½ tbs	1 tbs
soy sauce*	½ tbs	1 tbs
roasted peanuts	1 packet	2 packets
coriander	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3920kJ (936Cal)	655kJ (156Cal)
Protein (g)	25.3g	4.2g
Fat, total (g)	43.2g	7.2g
- saturated (g)	25g	4.2g
Carbohydrate (g)	107g	17.9g
- sugars (g)	17.1g	2.9g
Sodium (mg)	2138mg	357mg

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.

1



Bake the curry

Boil a kettle of water. Preheat the oven to **240°C/220°C fan-forced**. Drain and rinse the **chickpeas**. Thinly slice the **carrot** into rounds. Trim and roughly chop the **green beans**. In a baking dish, add the **chickpeas, carrot, Thai green curry paste, garlic paste** and a good drizzle of **olive oil**. Season with **salt** and **pepper**, toss to coat, then bake for **15 minutes**. After the chickpeas have baked for **15 minutes**, add the **green beans, coconut cream** and **water (for the curry)** to the baking dish. Stir to combine, then return to the oven and bake until the veggies are tender, **8-10 minutes**.

2



Make the rapid rice

While the curry is baking, half-fill a medium saucepan with the **boiling water**. Add the **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and return to the saucepan.

3



Season the curry

Add the **baby spinach leaves, rice wine vinegar** and **soy sauce** to the **curry**. Stir to combine and season to taste.

4



Serve up

Divide the rice between bowls and top with the baked Thai green chickpea curry. Sprinkle over the **roasted peanuts** and tear over the **coriander**.

Enjoy!