



Baked Thai Red Chickpea Curry

with Rapid Rice & Peanuts

Grab your Meal Kit with this symbol



Chickpeas



Carrot



Baby Broccoli



Thai Red Curry Paste



Garlic Paste



Coconut Cream



Basmati Rice



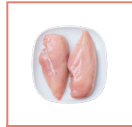
Baby Spinach Leaves



Roasted Peanuts



Coriander



Chicken Breast

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

Eat Me Early*
*Custom recipe only

Spicy (Thai red curry paste)

Enjoy a bowl of rich and creamy Thai red curry, loaded with colourful veggies, wholesome chickpeas and aromatic spices. With a sprinkling of roasted peanuts to finish it all off, this delicious meal will beat your local takeaway joint!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chickpeas	1 tin	2 tins
carrot	1	2
baby broccoli	1 bag	2 bags
Thai red curry paste	½ tin	1 tin
garlic paste	1 packet	1 packet
coconut cream	1 tin (200ml)	1 tin (400ml)
water*	½ cup	1 cup
basmati rice	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
rice wine vinegar*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
roasted peanuts	1 packet	2 packets
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	391kJ (935Cal)	663kJ (158Cal)
Protein (g)	26.4g	4.5g
Fat, total (g)	42.7g	7.2g
- saturated (g)	25.6g	4.3g
Carbohydrate (g)	104.3g	17.7g
- sugars (g)	15.7g	2.7g
Sodium (mg)	2334mg	396mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4671kJ (1116Cal)	623kJ (149Cal)
Protein (g)	58.9g	7.9g
Fat, total (g)	48.4g	6.5g
- saturated (g)	27.2g	3.6g
Carbohydrate (g)	104.3g	13.9g
- sugars (g)	15.7g	2.1g
Sodium (mg)	2433mg	324mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1



Bake the curry

- Boil the kettle. Preheat oven to **240°C/220°C fan-forced**. Drain and rinse **chickpeas**. Thinly slice **carrot** into rounds. Trim and roughly chop **baby broccoli**.
- SPICY!** *The curry paste is spicy, use less if you prefer your curry mild.* In a baking dish, combine **chickpeas, carrot, Thai red curry paste** (see ingredients) and **garlic paste**. Drizzle generously with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake for **15 minutes**.
- Remove from oven, then add **baby broccoli, coconut cream** and the **water**. Stir to combine, then bake until veggies are tender, a further **8-10 minutes**.

CUSTOM RECIPE

If you've added chicken breast, cut chicken into 2cm chunks after prepping veggies. In a large frying pan, heat a drizzle of olive oil over a high heat. Cook chicken, tossing occasionally, until browned, 5-6 minutes. Add chicken to the baking dish with the baby broccoli and bake as above.

3



Finish the curry

- When the curry is done, add **baby spinach leaves, rice wine vinegar** and **soy sauce** to the dish. Stir to combine and season to taste.

2



Make the rapid rice

- Meanwhile, half-fill a medium saucepan with boiling water and bring to the boil over a medium-high heat.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, until tender, **12 minutes**. Drain and return to saucepan. Cover to keep warm.

4



Serve up

- Divide rapid rice between bowls and top with baked Thai red chickpea curry.
- Sprinkle over **roasted peanuts**. Tear over **coriander** to serve.

Enjoy!