



Easy Sri Lankan Cauliflower & Chickpea Curry

with Rapid Rice & Peanuts

Grab your Meal Kit with this symbol



Chickpeas



Carrot



Cauliflower



Basmati Rice



Sri Lankan Spice Blend



Garlic Paste



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Crushed Peanuts

 Hands-on: **15-25 mins**
Ready in: **30-40 mins**

If we had to list our favourite things about Sri Lankan food, we'd be here all night. But one of the best things is the variety of vegetarian options available – there are so many ways to make veggies and legumes exciting! This chickpea curry uses a mild yet flavourful spice blend, plus a dash of coconut cream to create a warm, comforting dish.

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
cauliflower	1 portion (400g)	2 portions (800g)
basmati rice	1 packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
garlic paste	1 packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
water*	¼ cup	½ cup
vegetable stock powder	1 sachet (10g)	2 sachets (20g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
rice wine vinegar*	drizzle	drizzle
soy sauce*	drizzle	drizzle
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3603kJ (861Cal)	539kJ (129Cal)
Protein (g)	27.3g	4.1g
Fat, total (g)	34.5g	5.2g
- saturated (g)	19g	2.8g
Carbohydrate (g)	105.6g	15.8g
- sugars (g)	14.4g	2.2g
Sodium (mg)	1686mg	252mg

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



Roast the veggies & chickpeas

Preheat the oven to **240°C/220°C fan-forced**. Boil a kettle of water. Drain and rinse the **chickpeas**. Slice the **carrot** into thin rounds. Cut the **cauliflower** into small florets. In a baking dish, add the **chickpeas, cauliflower, carrot, Sri Lankan spice blend, garlic paste** and a drizzle of **olive oil**. Season with **salt and pepper** and toss to coat. Bake until slightly browned, **20-25 minutes**.

2



Cook the rapid rice

While the veggies are roasting, Half-fill a medium saucepan with the boiling water. Add the **basmati rice** and a pinch of **salt** and cook over a high heat until tender, **12 minutes**. Drain and set aside.

3



Add the coconut milk

Remove the baking dish from the oven. Add the **coconut milk, water** and **vegetable stock powder**. Stir to combine, then bake until the veggies are tender, **8-10 minutes**. Add the **baby spinach leaves** and stir to combine. Stir through a drizzle of **rice wine vinegar** and **soy sauce** to taste.

4



Serve up

Divide the basmati rice between bowls. Top with the Sri Lankan cauliflower and chickpea curry. Sprinkle over the **crushed peanuts**.

Enjoy!