



# Sri Lankan Chickpea Curry

with Garlic Rice & Toasted Coconut

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Shredded Coconut



Brown Onion



Carrot



Tomato



Broccolini



Lemon



Chickpeas



Sri Lankan Spice Blend



Tomato Paste



Coconut Cream



Vegetable Stock Powder



Chilli Flakes (Optional)

- Hands-on: **15-25 mins**
- Ready in: **25-35 mins**
- Spicy (optional chilli flakes)

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 paste, plus tomatoes and a dash of cream to create a warm, comforting dish.

### Pantry items

Olive Oil, Butter, Brown Sugar

## 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 saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
shredded coconut	1 packet	2 packets
brown onion	1 (medium)	1 (large)
carrot	1	2
tomato	1	2
broccolini	1 bunch	2 bunches
lemon	½	1
chickpeas	1 tin	2 tins
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
coconut cream	1 tin (200ml)	1 tin (400ml)
vegetable stock powder	1 sachet	2 sachets
water* (for the sauce)	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3193kJ (763Cal)	470kJ (112Cal)
Protein (g)	24.2g	3.6g
Fat, total (g)	20.5g	3g
- saturated (g)	13.2g	1.9g
Carbohydrate (g)	109.9g	16.2g
- sugars (g)	18.9g	2.8g
Sodium (mg)	2196mg	323mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Start the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and **carrot** and cook until slightly softened, **4-5 minutes**. Add the **tomato**, **Sri Lankan spice blend** and **tomato paste** and cook until fragrant, **1 minutes**. Add the **chickpeas** and cook until tender, **2-3 minutes**.



## Toast the coconut

While the rice is cooking, heat a large frying pan over a medium-high heat. Add the **shredded coconut** and toast, stirring, until golden, **2-3 minutes**. Transfer to a small bowl and set aside.

**TIP:** The coconut burns easily so keep an eye on it!



## Finish the curry

Add the **broccolini**, **coconut cream**, **vegetable stock powder**, **water (for the sauce)**, a generous squeeze of **lemon juice**, the **lemon zest** and **brown sugar** and bring to the boil. Reduce the heat to medium and cook until the veggies have softened, **5-6 minutes**. Season with **salt** and **pepper**.



## Get prepped

Finely chop the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **tomato**. Cut the **broccolini** into 2cm pieces. Zest the **lemon** to get a pinch, then slice into wedges. Drain the **chickpeas**.



## Serve up

Divide the garlic rice between bowls. Top with the Sri Lankan chickpea curry. Garnish with the toasted coconut. Sprinkle with a pinch of **chilli flakes** (if using). Serve with any remaining lemon wedges.

Enjoy!