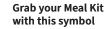
Sri Lankan Chickpea Curry with Garlic Rice & Toasted Coconut













Shredded Coconut







Carrot







Broccolini





Lemon

Chickpeas





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

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	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*	1/4 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	1/2	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 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!



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!



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**.



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**.



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.



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!