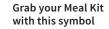
Indian Chickpea Curry

with Garlic Flatbreads & Yoghurt

CLIMATE SUPERSTAR













White Turnip





Chickpeas

Mumbai Spice

Mini Flour Tortillas



Mild North Indian Spice Blend







Ginger Paste Tomato Paste



Coconut Milk





Greek-Style Yoghurt



Prep in: 30-40 mins Ready in: 40-50 mins

Eat Me Early*

*Custom Recipe only

Roasting an array of colourful veggies is an instant winner and a great way to boost any curry. Stir the veggies and the chickpeas through a tomato spiced curry sauce, mild and with notes of ginger, to allow everything to blend into one big bowl of deliciousness.

Pantry items Olive Oil

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

Two oven trays lined with baking paper · Large frying pan

Ingradients

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	1	2		
carrot	1	2		
white turnip	1	2		
garlic	4 cloves	8 cloves		
mini flour tortillas	6	12		
chickpeas	1 tin	2 tins		
mild North Indian spice blend	1 sachet	1 sachet		
Mumbai spice blend	1 packet	2 packets		
ginger paste	1 medium packet	1 large packet		
tomato paste	1 packet	2 packets		
coconut milk	1 tin (165ml)	2 tins (330ml)		
water*	½ cup	1 cup		
baby spinach leaves	1 small bag	1 medium bag		
Greek-style yoghurt	1 medium packet	1 large packet		
chicken breast**	1 packet	1 packet		

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3838kJ (917Cal)	528kJ (126Cal)
Protein (g)	31.8g	4.4g
Fat, total (g)	33.1g	4.6g
- saturated (g)	19.2g	2.6g
Carbohydrate (g)	113.2g	15.6g
- sugars (g)	21.6g	3g
Sodium (mg)	1625mg	224mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4597kJ (1099Cal)	518kJ (124Cal)
Protein (g)	64.3g	7.2g
Fat, total (g)	38.7g	4.4g
- saturated (g)	20.9g	2.4g
Carbohydrate (g)	113.2g	12.8g
- sugars (g)	21.6g	2.4g
Sodium (mg)	1723mg	194mg

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.

We're here to help!

Scan here if you have any questions or concerns 2023 | CW01





Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut potato, carrot and white turnip into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle over olive oil and season with salt and pepper.
- · Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



Get prepped

- While the veggies are roasting, finely chop garlic.
- Combine a generous drizzle of olive oil, 1/2 the garlic and a pinch of salt and pepper in a small bowl.
- Slice mini flour tortillas into 3cm strips. Drain and rinse **chickpeas**.

Custom Recipe: If you've added chicken breast, then cut chicken into 2cm chunks.



Bake the garlic flatbreads

- Place flat bread strips in a single layer on a second lined oven tray (don't worry if they overlap) and drizzle or brush with the garlic oil. Season with salt and pepper.
- Bake until golden, 8-10 minutes.



Start the curry

- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook mild North Indian spice blend, Mumbai spice blend, ginger paste, tomato paste and the remaining garlic until fragrant, 1 minute.
- Add coconut milk, the water and chickpeas. Stir to combine. Simmer until slightly reduced, 2-3 minutes.

TIP: Add a splash of water if the curry is becoming dry.

Custom Recipe: Before adding the spice blend, in large frying pan, heat drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step as above, returning the chicken to the pan along with the roasted veggies.



Finish the curry

 Add the roasted veggies and baby spinach **leaves** to the curry and stir to combine. Season to taste.



Serve up

- Divide Indian chickpea curry between bowls. Dollop with Greek-style yoghurt.
- Serve with garlic flatbreads. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate