



Indian Chickpea Curry

with Garlic Flatbreads & Yoghurt

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Potato



Carrot



White Turnip



Garlic



Mini Flour Tortillas



Chickpeas



Mild North Indian Spice Blend



Mumbai Spice Blend



Ginger Paste



Tomato Paste



Coconut Milk



Baby Spinach Leaves



Greek-Style Yoghurt



Chicken Breast

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.

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

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

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



1



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**.

4



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.

2



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.

5



Finish the curry

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

3



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**.

6



Serve up

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

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