

# Mumbai Chickpea & Roast Veggie Curry

with Garlic Rice & Coriander

Grab your Meal Kit with this symbol



Cauliflower



Leek



Tomato



Onion



Garlic



Chickpeas



Mumbai Spice Blend



Basmati Rice



Ginger Paste



Tomato Paste



Coconut Milk



Coriander



## Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins  
Ready in: 35-45 mins



Plant Based

If you've been looking for a dinner that involves little effort but packs a flavoursome punch then we have something just for you. Roasting an array of colourful veggies is an instant winner and a great way to boost any curry. Stir them 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, Plant-Based 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large deep frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
leek	1	2
tomato	1	2
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
chickpeas	1 tin	2 tins
Mumbai spice blend	2 sachets	4 sachets
<b>plant-based butter*</b>	20g	40g
basmati rice	1 packet	1 packet
<b>water*</b> (for the rice)	1½ cups	3 cups
ginger paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
coconut milk	1 tin (165ml)	1 tin (400ml)
<b>water*</b> (for the curry)	¼ cup	½ cup
<b>brown sugar*</b>	1 tsp	2 tsp
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3306kJ (790Cal)	549kJ (131Cal)
Protein (g)	22.1g	3.7g
Fat, total (g)	26.6g	4.4g
- saturated (g)	17.3g	2.9g
Carbohydrate (g)	105.1g	17.5g
- sugars (g)	16.4g	2.7g
Sodium (mg)	962mg	160mg

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



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets. Thickly slice **leek**. Cut **tomato** and **onion** into wedges. Finely chop **garlic**.
- Drain and rinse **chickpeas**.



## Start the curry

- When veggies have **5 minutes** cook time remaining, heat a large deep frying pan over medium-high heat, with a drizzle of **olive oil**.
- Cook **chickpeas, ginger paste, tomato paste, remaining Mumbai spice blend** and the remaining **garlic** until fragrant, **1-2 minutes**.
- Stir in **coconut milk, the water (for the curry)** and **brown sugar** until thickened, **2-3 minutes**.



## Roast the veggies

- Place **cauliflower, leek, tomato** and **onion** on a lined oven tray. Sprinkle with 1/2 the **Mumbai spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Finish the curry

- Add **roasted veggies** to the frying pan and stir through until combined, **1 minute**. Season to taste.



## Cook the garlic rice

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

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



## Serve up

- Divide garlic rice between bowls. Top with Mumbai chickpea and roast veggie curry.
- Tear over **coriander** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW40



## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)