



# Mumbai Coconut Chickpea Curry

with Couscous & Yoghurt

Grab your Meal Kit with this symbol



Carrot



Red Kumara



Garlic



Chickpeas



Flaked Almonds



Mumbai Spice Blend



Coconut Cream



Chopped Tomatoes



Vegetable Stock Powder



Couscous



Baby Spinach Leaves



Coriander



Greek-Style Yoghurt

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced cauliflower with red kumara, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins  
 Ready in: 30-40 mins

Rich, creamy and aromatic, this mild curry has all the elements that make Indian food so appealing. Packed with flavour, it comes together easily for a mouth-watering meal that's bound to win hearts!

### Pantry items

Olive Oil, 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 · Large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
red kumara	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
chickpeas	1 tin	2 tins
flaked almonds	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
coconut cream	1 tin (200ml)	1 tin (400ml)
chopped tomatoes	1 tin	2 tins
salt*	¼ tsp	½ tsp
brown sugar*	½ tsp	1 tsp
water*	¾ cup	1½ cups
vegetable stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
coriander	1 bunch	1 bunch
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3333kJ (796Cal)	449kJ (107Cal)
Protein (g)	27.7g	3.7g
Fat, total (g)	34.5g	4.6g
- saturated (g)	24.9g	3.4g
Carbohydrate (g)	89.8g	12.1g
- sugars (g)	23.4g	3.1g
Sodium (mg)	1447mg	195mg

## 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.



## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** (unpeeled) into 1cm half-moons. Cut the **red kumara** into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## Get prepped

While the veggies are roasting, finely chop the **garlic**. Drain and rinse the **chickpeas**. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate.



## Start the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** and **Mumbai spice blend** until fragrant, **1 minute**. Add the **coconut cream**, **chopped tomatoes**, **chickpeas**, the **salt** and **brown sugar** and stir to combine. Bring to the boil, then reduce the heat to medium-low. Simmer until the curry has reduced slightly, **8-10 minutes**.



## Cook the couscous

While the curry is simmering, add the **water** and **vegetable stock powder** to a medium saucepan and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, then cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



## Finish the curry

Add the roasted **veggies** and **baby spinach leaves** to the **curry** and stir through until wilted. Season to taste.



## Serve up

Roughly chop the **coriander**. Divide the couscous between bowls and top with the Mumbai coconut chickpea curry. Garnish with the toasted almonds and coriander. Serve with the **Greek-style yoghurt**.

Enjoy!