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## **Cauliflower & Chickpea Curry**

The rich aromatic flavours of this vegetarian curry complimented by the richness of tomatoes and the creaminess of yoghurt, will transport you to the magical streets of India without having to leave your kitchen.



Prep: 10 mins Cook: 20 mins Total: 30 mins



level 1



🕨 veggie





Curry Mix



Brown Onion



Cauliflower



Tomato



Chickpeas



Yoghurt



Mint

2P	4P	Ingredients	
1 tbs	2 tbs	olive oil *	
1	2	brown onion, peeled & diced	
1 tbs	2 tbs	HelloFresh curry mix	
1 wedge	2 wedges	cauliflower, cut into small florets	Α
2	4	tomatoes, diced	
1 tin	2 tins	chickpeas, drained & rinsed	
1 tub	2 tubs	yoghurt	
Garnish		finely chopped mint	В

- Hay feature in another recipe
  - \* Good to have at home

## **Nutrition per serving**

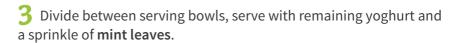
Energy	1280	Kj
Protein	14.1	g
Fat, total	14.2	g
-saturated	2.4	g
Carbohydrate	24.5	g
-sugars	11.5	g
Sodium	280	m

## Measuretool

) cm	1cm	2 cm



- 1 Heat the olive oil in a medium saucepan over a low-medium heat. Add the onion, stir then leave covered for about 8 minutes or until it is soft.
- 2 Add the HelloFresh curry mix, cauliflower and a good grind of black pepper. Stir to combine then add the tomatoes and chickpeas, use a spoon to break up the tomatoes a little. Cover and simmer on a medium heat for 10 minutes, stiring occasionally (if you want a thicker curry leave the lid off). The curry is ready when the cauliflower is tender, so after 10 minutes take a peek and keep checking until you are happy. Remove from heat and stir through half of the yoghurt. Season with a bit of salt and pepper.









Did you know? The Romans believed the scent of mint would stop a person from losing his temper, some royal ambassadors carried mint sprigs in their pockets.