



Everything  
But The Chef

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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

 pantry items



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
2	4	tomatoes, diced
1 tin	2 tins	chickpeas, drained & rinsed
1 tub	2 tubs	yoghurt
<b>Garnish</b>		<b>finely chopped mint</b>

⊕ May 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	mg

#### Measuretool

0 cm	1 cm	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**, stirring 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.

**3** Divide between serving bowls, serve with remaining yoghurt and a sprinkle of **mint leaves**.



**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.