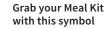


# Coconut Chickpea Curry & Mustard Seeds with Tamarind Chutney & Garlic Flatbreads

CLIMATE SUPERSTAR













Long Chilli (Optional)

Green Beans



Carrot



Chickpeas



Garlic Paste



Mini Flour

Tortillas



Mumbai Spice





Tomato Paste



Coconut Milk



**Baby Spinach** Leaves



**Tamarind Chutney** 



**Pantry items** Olive Oil, Plant-Based Butter

Prep in: 15-20 mins Ready in: 20-30 mins

\*Custom Recipe only

Plant-Based\* \*Custom Recipe is not Plant-Based

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!

# Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan · Oven tray lined with baking paper

# Ingredients

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
green beans	1 small bag	1 medium bag	
long chilli ∮ (optional)	1/2	1	
carrot	1	2	
chickpeas	1 packet	2 packets	
garlic paste	1 packet	2 packets	
mini flour tortillas	6	12	
Mumbai spice blend	1 medium sachet	2 medium sachets OR 1 large sachet	
brown mustard seeds	½ medium packet	1 medium packet	
tomato paste	1 packet	1 packet	
coconut milk	1 packet	2 packets	
water*	½ cup	1 cup	
baby spinach leaves	1 medium bag	1 large bag	
plant-based butter*	20g	40g	
tamarind chutney	1 packet	2 packets	
chicken breast**	1 small packet	2 small packets OR 1 large packet	
*Pantry Items **Custom Recipe Ingredient			

# Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3262kJ (780Cal)	530kJ (127Cal)
Protein (g)	23.9g	3.9g
Fat, total (g)	35.4g	5.8g
- saturated (g)	19g	3.1g
Carbohydrate (g)	83.7g	13.6g
- sugars (g)	24.7g	4g
Sodium (mg)	1487mg	242mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4034kJ (964Cal)	<b>517kJ</b> (124Cal)
Protein (g)	56.6g	7.3g
Fat, total (g)	41.2g	5.3g
- saturated (g)	20.8g	2.7g
Carbohydrate (g)	83.7g	10.7g
- sugars (g)	24.7g	3.2g
Sodium (mg)	1579mg	202mg

The quantities provided above are averages only

### Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.com.au/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





# Get prepped

- · Preheat grill to high.
- Trim and halve green beans.
- Thinly slice long chilli (if using).
- Grate carrot.
- · Drain and rinse chickpeas.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



# Start the chickpeas

- In a large saucepan, heat a drizzle of olive oil over high heat.
- Cook **green beans**, stirring, until slightly softened, **2-3 minutes**.
- Add carrot and chickpeas and cook, stirring, until tender, 4-5 minutes.

**Custom Recipe:** Before cooking the veggies, in a large saucepan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside) 5-6 minutes. Transfer to a bowl and season. Continue as above.



# Grill the flatbreads

- Meanwhile, in a small bowl, combine half the garlic paste, olive oil (¼ cup for 2 people / ½ cup for 4 people) and a pinch of salt and pepper.
- Spread mini flour tortillas evenly on a lined oven tray (don't worry if they overlap) and brush or spread with some garlic oil.
- Grill until golden, 4-7 minutes.



# Flavour the chickpeas

- Meanwhile, to saucepan with chickpeas, reduce heat to medium.
- Add Mumbai spice blend, brown mustard seeds (see ingredients), tomato paste and remaining garlic paste and cook until fragrant, 1-2 minutes.



# Make the curry

- Stir in coconut milk and the water, and simmer until slightly reduced, 2-3 minutes.
- Add baby spinach leaves and the plant-based butter, stirring until combined and slightly wilted, 1 minute.
- Remove from heat and stir in tamarind chutney, until combined. Season to taste.

Custom Recipe: Remove from heat and stir cooked chicken through with tamarind chutney until combined.



# Serve up

- · Divide coconut chickpea curry between bowls.
- · Top with chilli.
- · Serve with garlic flatbreads. Enjoy!

#### Rate your recipe

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