



# Coconut Chickpea Curry & Mustard Seeds

with Tamarind Chutney & Garlic Flatbreads

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Green Beans



Long Chilli (Optional)



Carrot



Chickpeas



Garlic Paste



Mini Flour Tortillas



Mumbai Spice Blend



Brown Mustard Seeds



Tomato Paste



Coconut Milk



Baby Spinach Leaves



Tamarind Chutney



Chicken Breast

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

Eat Me Early\*  
\*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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plant-Based Butter



## 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

|  | 2 People        | 4 People                              |
|--|-----------------|---------------------------------------|
| <b>olive oil*</b>  | refer to method | refer to method                       |
| green beans  | 1 small bag     | 1 medium bag                          |
| long chilli  (optional) | ½               | 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<br>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                             |
| <b>water*</b>  | ½ cup           | 1 cup                                 |
| baby spinach leaves  | 1 medium bag    | 1 large bag                           |
| <b>plant-based butter*</b>   | 20g             | 40g                                   |
| tamarind chutney   | 1 packet        | 2 packets                             |
| chicken breast**   | 1 small packet  | 2 small packets<br>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) | 517kJ (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](https://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.



## 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**.



## 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.



## 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.



## 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**.



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)