



# Cal Smart Mushroom & Green Bean Chickpea Curry

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2668kJ (638Cal) | Protein 21.8g | Fat, total 25g - saturated 16.4g | Carbohydrate 73.4g - sugars 7.3g | Sodium 1213mg  
The quantities provided above are averages only. | **Calorie Smart**

We're here to help! Scan here  
2023 | WK35 | AL



# Get ready

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'll need

(along with the basics)



Large Frying Pan

Microwave

## From the pantry



Olive Oil

Salt & Pepper

## From the cool pouch

	2P	4P
Trimmed Green Beans	1 medium bag	1 large bag
Sliced Mushrooms	1 medium pkt	1 large pkt
Garlic Paste	1 pkt	2 pkts

## 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.

## 1. Fry



Trimmed Green Beans



Sliced Mushrooms



Chickpeas

## 2. Zap



Microwavable Basmati Rice



Garlic Paste



Mumbai Spice Blend



Southeast Asian Spice Blend



Coconut Milk



Baby Spinach Leaves

## 3. Serve



Coriander

- Heat **oil** in a frying pan over high heat. Halve **beans**
- Cook **mushrooms** and **beans**, tossing, until tender, **4-5 mins**
- Drain and rinse **chickpeas**

- Meanwhile, microwave **rice** until steaming, **2-3 mins**
- To pan, add **garlic paste**, both **spice blends** and **chickpeas**. Cook until fragrant, **1 min**
- Add **coconut milk**, **spinach** and a splash of **water**, stir until bubbling and wilted. Remove from heat. Season

- Plate up **rice** and **chickpea curry**
- Tear over **coriander**



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