



# Mumbai Chickpea & Roast Veggie Curry

with Garlic Rice & Coriander

NEW

Grab your Meal Kit with this symbol



Cauliflower



Zucchini



Tomato



Red Onion



Garlic



Chickpeas



Mumbai Spice Blend



Basmati Rice



Ginger Paste



Tomato Paste



Coconut Milk



Coriander



Chicken Breast

Prep in: 20-30 mins  
Ready in: 35-45 mins

Eat Me Early\*  
\*Custom Recipe only



Plant-Based^  
^ Custom Recipe is not Plant-Based

If you've been looking for a dinner that involves little effort but packs a flavoursome punch then we have something just for you. Roasting an array of colourful veggies is an instant winner and a great way to boost any curry.

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

### Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

## 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

Oven tray lined with baking paper · Medium saucepan with lid · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 medium	1 large
zucchini	1	2
tomato	1	2
red onion	1	2
garlic	3 cloves	6 cloves
chickpeas	1 packet	2 packets
Mumbai spice blend	2 medium sachets OR 1 large sachet	4 medium sachets OR 2 large sachets
<b>plant-based butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
ginger paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
coconut milk	1 packet	2 packets
<b>water*</b> (for the curry)	¼ cup	½ cup
<b>brown sugar*</b>	1 tsp	2 tsp
coriander	1 bag	1 bag
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)	3421kJ (818Cal)	436kJ (104Cal)
Protein (g)	25.8g	3.3g
Fat, total (g)	30g	3.8g
- saturated (g)	17.5g	2.2g
Carbohydrate (g)	103.4g	13.2g
- sugars (g)	21g	2.7g
Sodium (mg)	1449mg	185mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4193kJ (1002Cal)	442kJ (106Cal)
Protein (g)	58.5g	6.2g
Fat, total (g)	35.8g	3.8g
- saturated (g)	19.3g	2g
Carbohydrate (g)	103.4g	10.9g
- sugars (g)	21g	2.2g
Sodium (mg)	1540mg	162mg

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



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## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Chop **cauliflower** into small florets.
- Slice **zucchini** into half-moons.
- Cut **tomato** and **red onion** into wedges.
- Finely chop **garlic**.
- Drain and rinse **chickpeas**.

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

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## Start the curry

- When the veggies have **5 minutes** remaining, in a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chickpeas, ginger paste, tomato paste**, remaining **Mumbai spice blend** and remaining **garlic**, until fragrant, **1-2 minutes**.
- Stir in **coconut milk**, the **water (for the curry)** and the **brown sugar** until thickened, **2-3 minutes**.

**Custom Recipe:** Heat pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 3-4 minutes. Continue as above.

2



## Roast the veggies

- Place **cauliflower, zucchini, tomato** and **onion** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with half the **Mumbai spice blend** and season with **salt**, tossing to coat.
- Roast until tender and brown around the edges, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

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## Finish the curry

- Stir through roast **veggies**, until combined. Season to taste.

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## Cook the rice

- Meanwhile, in a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic**, until fragrant, **1-2 minutes**. Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

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## Serve up

- Divide garlic rice and Mumbai chickpea and roast veggie curry between bowls.
- Tear over **coriander** to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)