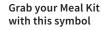


Mumbai Chickpea & Roast Veggie Curry

with Garlic Rice & Coriander

NEW













Red Onion









Mumbai Spice Blend

Basmati Rice





Ginger Paste

Tomato Paste







Coconut Milk

Coriander





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



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.

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 \cdot Medium saucepan with lid \cdot Large saucepan

Ingredients

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	2 People	4 People		
olive oil*	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		
plant-based butter*	20g	40g		
basmati rice	1 medium packet	1 large packet		
water* (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		
water* (for the curry)	1/ ₄ cup	½ cup		
brown sugar*	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 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 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.



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.



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!



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.



Finish the curry

Stir through roast **veggies**, until combined.

Season to taste.



Serve up

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

Rate your recipe

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