HELLO FRESH

Bengal Chickpea & Veggie Curry
with Garlic Rice & Coriander

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol

Garlic

Basmati Rice

Brown Onion

Capsicum

Green Beans

Long Chilli (Optional)

Lentils

Bengal Curry Paste

Mumbai Spice Blend

Coconut Milk

Coriander

Chicken Breast

Recipe Update

Unfortunately, this week's chickpeas were in short supply, so we've replaced them with lentils. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Pantry items

Olive Oil, Butter, Brown Sugar

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

This hearty, Bengal-inspired curry makes the most of mild and warming spices, which are brought together with creamy coconut milk and a healthy sprinkle of vibrant coriander.

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

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
garlic	4 cloves	8 cloves
*butter**	20g	40g
basmati rice	1 medium packet	1 large packet
*water** *(for the rice)*	1½ cups	3 cups
brown onion	1	2
capsicum	1	2
green beans	1 medium bag	2 medium bags
long chilli (optional)	½	1
lentils	1 box	2 boxes
Bengal curry paste	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
*brown sugar**	1 tsp	2 tsp
coconut milk	½ packet	1 packet
*water** *(for the curry)*	⅓ cup	⅔ cup
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)	3738kJ (893Cal)	499kJ (119Cal)
Protein (g)	24.4g	3.3g
Fat, total (g)	37.8g	5g
- saturated (g)	22g	2.9g
Carbohydrate (g)	106.9g	14.3g
- sugars (g)	23.4g	3.1g
Sodium (mg)	2143mg	286mg

Custom Recipe

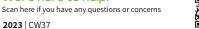| Avg Qty	Per Serving	Per 100g
Energy (kJ)	4490kJ (1073Cal)	491kJ (117Cal)
Protein (g)	58.3g	6.4g
Fat, total (g)	42.5g	4.6g
- saturated (g)	23.4g	2.6g
Carbohydrate (g)	106.9g	11.7g
- sugars (g)	23.4g	2.6g
Sodium (mg)	2227mg	244mg

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

1

Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **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. Keep covered, until rice is tender and water is absorbed, **10 minutes**.

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

3

Cook the curry

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **onion** and **capsicum**, stirring, until softened, **3-4 minutes**. Add **green beans** and **lentils** and cook until almost tender, **3-4 minutes**.
- Reduce heat to medium-high. Add **Bengal curry paste**, **Mumbai spice blend** and remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Add the **brown sugar**, **coconut milk (see ingredients)** and the **water (for the curry)**. Simmer, stirring, until thickened slightly, **2-4 minutes**.

Custom Recipe: Heat frying pan as above. Before cooking the veggies, cook chicken, tossing, until browned and cooked through, 4-5 minutes. Transfer to a bowl. Continue as above. After adding the coconut milk and water, return the chicken (and any chicken resting juices) to the pan.

2

Get prepped

- Meanwhile, thinly slice **brown onion**.
- Thinly slice **capsicum**.
- Trim and halve **green beans**.
- Thinly slice **long chilli** (if using).
- Drain and rinse **lentils**.

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

4

Serve up

- Divide garlic rice between bowls. Top with Bengal lentil and veggie curry.
- Tear over **coriander** leaves.
- Sprinkle with **chilli** to serve. Enjoy!

Rate your recipe

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