



Creamy Indian Chickpea Curry Pie

with Cheesy Potato Top

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Chickpeas



Mild Curry Paste



Mumbai Spice Blend



Garlic Paste



Light Cooking Cream



Baby Spinach Leaves



Cheddar Cheese



Chilli Flakes (Optional)



Cheddar Cheese

Prep in: 25-35 mins
Ready in: 35-45 mins

We've brought all the mashed potato goodness and some Mumbai-spiced chickpeas together, to make the pie of a lifetime! All you need to finish this one off, is a sprinkling of chilli flakes for some extra heat.

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

Pantry items

Olive Oil, Butter, Milk, 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

Large saucepan · Large frying pan · Medium or Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	30g	60g
milk*	2 tbs	¼ cup
carrot	1	2
tomato	1	2
chickpeas	1 medium packet	2 medium packets
mild curry paste	1 medium packet	2 medium packets
Mumbai spice blend	1 medium sachet	1 large sachet
garlic paste	1 medium packet	2 medium packets
butter* (for the curry)	20g	40g
light cooking cream	1 medium packet	1 large packet
water*	¼ cup	½ cup
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3094kJ (739Cal)	491kJ (117Cal)
Protein (g)	22.2g	3.5g
Fat, total (g)	47.3g	7.5g
- saturated (g)	26.8g	4.3g
Carbohydrate (g)	51.8g	8.2g
- sugars (g)	18.7g	3g
Sodium (mg)	2126mg	338mg
Dietary Fibre (g)	16.2g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3438kJ (822Cal)	529kJ (126Cal)
Protein (g)	27g	4.2g
Fat, total (g)	54.4g	8.4g
- saturated (g)	31.1g	4.8g
Carbohydrate (g)	52g	8g
- sugars (g)	18.9g	2.9g
Sodium (mg)	2270mg	349mg
Dietary Fibre	16.3g	2.5g

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.



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter (for the mash)** and **milk** to potato and season with a generous pinch of **salt**. Mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled.



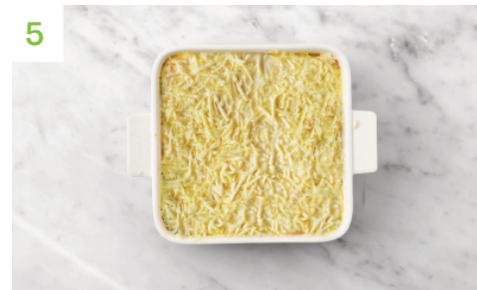
Finish the curry

- Reduce heat to medium, stir in **light cooking cream**, the **water** and **brown sugar** and cook, until combined and slightly reduced, **1-2 minutes**.
- Add **baby spinach leaves** and cook stirring, until slightly wilted, **1 minute**.



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Roughly chop **tomato**.
- Drain and rinse **chickpeas**.



Grill the pie

- Preheat grill to medium-high.
- Transfer **chickpea curry** into a baking dish and evenly spread **mashed potato** over the top. Sprinkle over **Cheddar cheese**.
- Grill until cheese is golden, **5-10 minutes**.

Custom Recipe: If you've doubled your Cheddar cheese, sprinkle Cheddar over mash as above.



Start the curry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **chickpeas**, stirring, until tender, **4-6 minutes**.
- Add **tomato**, **mild curry paste**, **Mumbai spice blend**, **garlic paste** and the **butter (for the curry)** and cook, stirring, until softened and fragrant, **1-2 minutes**.



Serve up

- Divide creamy Indian chickpea curry pie between plates.
- Sprinkle over **chilli flakes** (if using!) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW18

