



Comforting Chickpea & Roast Veggie Curry

with Garlic Rice & Coriander

COSY COMFORTS

CLIMATE SUPERSTAR

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



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!

Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

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



Plant-Based^A

^ACustom Recipe is not Plant-Based



Eat Me Early*

*Custom Recipe only

If you've been looking for a cosy 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
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
zucchini	1	2
tomato	1	2
red onion	1	2
garlic	3 cloves	6 cloves
chickpeas	1 medium packet	2 medium packets
Mumbai spice blend	1 large sachet	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 medium packet	2 medium packets
coconut milk	1 medium packet	2 medium packets
water* (for the curry)	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
coriander	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3457kJ (826Cal)	438kJ (105Cal)
Protein (g)	25.9g	3.3g
Fat, total (g)	30.8g	3.9g
- saturated (g)	18.3g	2.3g
Carbohydrate (g)	103.5g	13.1g
- sugars (g)	21.1g	2.7g
Sodium (mg)	1450mg	184mg
Dietary Fibre (g)	28.9g	3.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4173kJ (997Cal)	437kJ (104Cal)
Protein (g)	62.6g	6.6g
Fat, total (g)	33.3g	3.5g
- saturated (g)	19.1g	2g
Carbohydrate (g)	103.6g	10.9g
- sugars (g)	21.1g	2.2g
Sodium (mg)	1519mg	159mg
Dietary Fibre (g)	29g	3g

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.



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 into 2cm chunks. Drain and rinse half the chickpeas.



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 **brown sugar** until thickened, **2-3 minutes**.

TIP: Add a splash of water if the curry is too thick!

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.



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.



Finish the curry

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



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!



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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