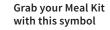


Comforting Chickpea & Roast Veggie Curry with Garlic Rice & Coriander

COSY COMFORTS

CLIMATE SUPERSTAR















Red Onion







Mumbai Spice



Basmati Rice



Ginger Paste





Coconut Milk



Coriander



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

Eat Me Early*



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.

EXCLUSIVELY IN CINEMAS

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.

Olive Oil, Plant-Based Butter, Brown Sugar

Pantry items

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

3		
	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)	1⁄4 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	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.



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 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.



Finish the curry

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



Serve up

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

