



Coconut Chickpea Curry & Mustard Seeds

with Tamarind Chutney & Garlic Flatbreads

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



Green Beans



Long Chilli (Optional)



Carrot



Chickpeas



Garlic Paste



Mini Flour Tortillas



Mumbai Spice Blend



Brown Mustard Seeds



Tomato Paste



Coconut Milk



Baby Spinach Leaves



Tamarind Chutney



Chicken Breast



Pork Strips

Prep in: 20-30 mins
Ready in: 30-40 mins

Plant Based

Rich, creamy and aromatic, this mild curry has all the elements that make Indian food so appealing. Packed with flavour, it comes together easily for a mouth-watering meal that's bound to win hearts!

Pantry items

Olive Oil, Plant-Based Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Oven tray with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 small packet	1 medium packet
long chilli  (optional)	½	1
carrot	1	2
chickpeas	1 medium packet	2 medium packets
garlic paste	1 packet	2 packets
mini flour tortillas	6	12
Mumbai spice blend	1 medium sachet	1 large sachet
brown mustard seeds	½ sachet	1 sachet
tomato paste	1 medium packet	1 large packet
coconut milk	1 packet	2 packets
water*	½ cup	1 cup
baby spinach leaves	1 medium packet	1 large packet
plant-based butter*	20g	40g
tamarind chutney	1 packet	2 packets

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3329kJ (796Cal)	561kJ (134Cal)
Protein (g)	23.9g	4g
Fat, total (g)	35.9g	6.1g
- saturated (g)	20.8g	3.5g
Carbohydrate (g)	86.6g	14.6g
- sugars (g)	23.6g	4g
Sodium (mg)	1496mg	252mg
Dietary Fibre (g)	22.3g	3.8g

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

2024 | CW27



Get prepped

- Preheat grill to high.
- Trim and halve **green beans**.
- Thinly slice **long chilli** (if using).
- Grate **carrot**.
- Drain and rinse **chickpeas**.



Flavour the chickpeas

- Meanwhile, reduce the saucepan heat to medium.
- Add **Mumbai spice blend**, **brown mustard seeds** (see ingredients), **tomato paste** and remaining **garlic paste** and cook until fragrant, **1-2 minutes**.



Start the chickpeas

- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **green beans**, stirring, until slightly softened, **2-3 minutes**.
- Add **carrot** and **chickpeas** and cook, stirring, until tender, **4-5 minutes**.



Make the curry

- Stir in **coconut milk** and the **water**, and simmer until slightly reduced, **2-3 minutes**.
- Add **baby spinach leaves** and the **plant-based butter**, stirring until combined and slightly wilted, **1 minute**.
- Remove from heat and stir in **tamarind chutney**, until combined. Season to taste.



Grill the flatbreads

- While the chickpeas are cooking, in a small bowl, combine half the **garlic paste**, **olive oil** (¼ cup for 2 people / ½ cup for 4 people) and a pinch of **salt** and **pepper**.
- Spread **mini flour tortillas** evenly on a lined oven tray (don't worry if they overlap) and brush or spread with some **garlic oil**.
- Grill until golden, **4-7 minutes**.



Serve up

- Divide coconut chickpea curry between bowls.
- Top with **chilli**.
- Serve with garlic flatbreads. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



ADD PORK STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate and stir through before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

