BENGAL CHICKPEA CURRY
with Broccoli

Make a veggie chickpea curry

Basmati Rice

Brown Onion

Coriander

Zucchini

Broccoli

Garlic

Chickpeas

Bengal Curry Paste

Tomato Paste

Cooking Cream

Long Red Chilli (Optional)

Pantry Staples: Olive Oil

Hands-on: 20 mins
Ready in: 30 mins

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long red chilli)

If we had to list our favourite things about Indian food we'd be here all night. But one of the best things is the variety of vegetarian options available – there are so many ways to make veggies and legumes exciting! This chickpea curry uses a mild yet flavourful paste, plus tomatoes and a dash of cream to create a warm, comforting dish.

BEFORE YOU —
START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **medium saucepan** with **lid** and **large frying pan**.

1 COOK THE RICE
In a medium saucepan, bring the **water (for the rice)** to the boil. 💡**TIP:** *Put a lid on the saucepan to boil the water faster.* Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. 💡**TIP:** *The rice will finish cooking in its own steam so don't peek!*

2 GET PREPPED
While the rice is cooking, thinly slice the **brown onion**. Finely chop the **coriander** (reserve some leaves for garnish!). Cut the **zucchini** into 1cm chunks. Cut the **broccoli** into 2cm florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Thinly slice the **long red chilli** (if using). Drain and rinse the **chickpeas (see ingredients list)**.

3 START THE CURRY
Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Once hot, add the **brown onion**, **coriander**, **zucchini** and **chickpeas** and cook, stirring, for **3-4 minutes** or until softened.

4 ADD THE CURRY PASTE
Add the **garlic**, **Bengal curry paste** and **tomato paste** to the frying pan and cook for **1-2 minutes**, or until fragrant. Add the **broccoli**, **water (for the curry)** and **salt (see ingredients list)** to the pan and cook for **3-4 minutes** or until tender.

5 FINISH THE CURRY
Remove pan from the heat and stir through the **cooking cream (see ingredients list)**. 💡**TIP:** *Be sure to add the correct amount of cream so your dish is perfectly balanced, just the way we planned it.*

6 SERVE UP
Divide the basmati rice between bowls and top with the Bengal chickpea curry. Garnish with the reserved coriander leaves and long red chilli (if using).

ENJOY!

2|4 PEOPLE —
INGREDIENTS

	2P	4P
*olive oil**	refer to method	refer to method
*water** *(for the rice)*	1 ½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1	2
coriander	1 bunch	1 bunch
zucchini	1	2
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
long red chilli (optional)	1	2
chickpeas	½ tin	1 tin
Bengal curry paste	2 sachets (100 g)	4 sachets (200 g)
tomato paste	1 sachet (50 g)	2 sachets (100 g)
*water** *(for the curry)*	½ cup	1 cup
*salt**	¼ tsp	½ tsp
cooking cream	½ tub (150 mL)	1 tub (300 mL)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3050kJ (728Cal)	440kJ (105Cal)
Protein (g)	24.2g	3.5g
Fat, total (g)	17.8g	2.6g
- saturated (g)	9.4g	1.4g
Carbohydrate (g)	107g	15.5g
- sugars (g)	24.6g	3.6g
Sodium (g)	1630mg	235mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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