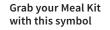
# Mumbai Chickpea & Cheddar Pie

with Tomato Salad

CLIMATE SUPERSTAR













Carrot



Chickpeas



Mumbai Spice



Tomato Paste



Coconut Milk





Tomato



Vegetable Stock

Powder



Mild Curry



Paste



Cheese



**Pantry items** 

Olive Oil, Butter, Milk, Brown Sugar, Vinegar (White Wine or Balsamic)

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

Calorie Smart\* \*Custom Recipe is not Calorie Smart 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 bright tomato salad!

Before you start Remember to wash your hands for 20 seconds.

You'll also need to give your veggies a wash.

#### You will need

Large saucepan · Large frying pan · Medium baking dish Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter* (for the mash)	40g	80g	
milk*	1 tbs	2 tbs	
garlic	2 cloves	4 cloves	
carrot	1	2	
chickpeas	1 tin	2 tins	
Mumbai spice blend	1 medium sachet	1 large sachet	
tomato paste	1 packet	1 packet	
mild curry paste	1 medium packet	1 large packet	
coconut milk	1 packet	2 packets	
vegetable stock powder	1 medium sachet	1 large sachet	
butter* (for the curry)	20g	40g	
brown sugar*	1 tsp	2 tsp	
water*	2 tbs	1/4 cup	
shredded Cheddar cheese	1 medium packet	1 large packet	
tomato	1	2	
mixed salad leaves	1 small bag	1 medium bag	
vinegar* (white wine or balsamic)	drizzle	drizzle	
beef mince**	1 small packet	1 large packet	
*Pantry Items ** Custom Recipe Ingredient			

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2473kJ (591Cal)	322kJ (76Cal)
Protein (g)	30.1g	3.9g
Fat, total (g)	46g	6g
- saturated (g)	30.5g	4g
Carbohydrate (g)	86.1g	11.2g
- sugars (g)	23.6g	3.1g
Sodium (mg)	2733mg	356mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3417kJ (816Cal)	383kJ (91Cal)
Protein (g)	57.6g	6.5g
Fat, total (g)	58.8g	6.6g
- saturated (g)	36.1g	4g
Carbohydrate (g)	86.1g	9.6g
- sugars (g)	23.6g	2.6g
Sodium (mg)	2808mg	315mg

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





#### Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water. 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 generously with salt. Mash until smooth.

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



## Get prepped

• Meanwhile, finely chop garlic. Grate carrot. Drain and rinse chickpeas.



# Cook the filling

- Preheat grill to high. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot, stirring, until tender, 3-4 minutes.
- Stir in Mumbai spice blend, tomato paste, mild curry paste, chickpeas and garlic and cook, until fragrant, 1-2 minutes.
- Stir in coconut milk, vegetable stock powder, the butter (for the curry), the brown sugar and the water, until slightly thickened, 2-3 minutes.

Custom Recipe: If you've added beef mince, cook beef mince with the carrot, breaking up with a spoon, 5-6 minutes. Drain oil and continue with step as above.



#### Grill the pie

- Transfer chickpea filling to medium baking dish. Spread mashed potato over the top. Sprinkle with shredded Cheddar cheese.
- Grill until cheese is melted, 8-10 minutes.



#### Toss the salad

- Meanwhile, roughly chop tomato.
- In a large bowl, combine mixed salad leaves, tomato, a drizzle of vinegar and olive oil and a pinch of salt and pepper.



## Serve up

• Divide Mumbai chickpea and cheddar pie and tomato salad between plates to serve. Enjoy!

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate