



Mumbai Chickpea & Cheddar Pie

with Tomato Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Chickpeas



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Tomato



Mixed Salad Leaves



Mild Curry Paste



Shredded Cheddar Cheese



Beef Mince

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

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

	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	¼ 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



1 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.



4 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**.



2 Get prepped

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



5 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**.



3 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.



6 Serve up

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

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