



Quick Bengal Chickpea Curry

with Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Zucchini



Broccoli



Long Red Chilli (Optional)



Chickpeas



Bengal Curry Paste



Mild North Indian Spice Blend



Coconut Milk



Coriander



Chicken Breast

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Spicy (optional long red chilli)
 Eat Me Early*
**Custom Recipe Only*

This hearty, Bengali-inspired curry makes the most of mild and warming spices, which are brought together with creamy coconut milk and a healthy sprinkle of vibrant coriander.



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

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

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

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
brown onion	1	2
zucchini	1	2
broccoli	1 head	2 heads
long red chilli (optional)	½	1
chickpeas	1 tin	2 tins
Bengal curry paste	1 packet	2 packets
mild North Indian spice blend	1 sachet	2 sachets
coconut milk	1 medium tin	1 large tin
water* (for the curry)	¼ cup	½ cup
coriander	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

*Pantry Items**Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3653kJ (873Cal)	529kJ (126Cal)
Protein (g)	26.1g	3.8g
Fat, total (g)	35.6g	5.2g
- saturated (g)	19.6g	2.8g
Carbohydrate (g)	100.7g	14.6g
- sugars (g)	15.3g	14.6g
Sodium (mg)	1647mg	238mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4403kJ (1052Cal)	514kJ (123Cal)
Protein (g)	59.1g	6.9g
Fat, total (g)	40.6g	4.7g
- saturated (g)	21.1g	2.5g
Carbohydrate (g)	100.7g	11.8g
- sugars (g)	15.3g	11.8g
Sodium (mg)	1739mg	203mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt **butter** with a dash of **olive oil** over a medium heat. Cook **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 the heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the curry

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **onion** and **zucchini** until softened, **3-4 minutes**. Add **broccoli** and **chickpeas** and cook until almost tender, **3-4 minutes**.
- Reduce heat to medium-high. Add **Bengal curry paste** and **mild North Indian spice blend** and cook until fragrant, **1-2 minutes**. Add **coconut milk** and the **water (for the curry)**. Simmer until thickened slightly, **2-4 minutes**.

CUSTOM RECIPE

Prepare pan as above. Cook chicken, tossing occasionally, until browned and cooked through, 4-5 minutes. Transfer to a bowl, then continue with step. After adding coconut milk and the water, return chicken (and any resting juices) to pan.



Get prepped

- Thinly slice **brown onion**. Cut **zucchini** into small chunks. Cut **broccoli** into small florets and roughly chop the stalk.
- Thinly slice **long red chilli** (if using).
- Drain and rinse **chickpeas**.

CUSTOM RECIPE

If you've added chicken breast, cut chicken into 2cm chunks.



Serve up

- Divide garlic rice between bowls. Top with Bengal chickpea curry.
- Tear over the **coriander** leaves.
- Sprinkle with chilli to serve.

Enjoy!

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