

Quick Chickpea & Tomato Curry

with Garlic Rice & Flaked Almonds



Garlic



Basmati Rice



Tomato



Lemon



Chickpeas



Chopped Veggie Mix



Ginger Paste



Sri Lankan Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Pot



Baby Spinach Leaves



Flaked Almonds



Chilli Flakes (Optional)



Hands-on: **15-25 mins**
Ready in: **25-35 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Spicy (optional chilli flakes)

This dish delivers flavour in spades! From the garlicky rice, to the veggie-packed chickpea curry infused with vibrant tomato and zesty lemon, you'll want to lick the bowl clean.

Pantry items

Olive Oil, Butter, Brown Sugar

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*	1½ cups	3 cups
tomato	1	2
lemon	1	2
chickpeas	1 tin	2 tins
chopped veggie mix	1 medium bag	1 large bag
ginger paste	1 medium packet	1 large packet
Sri Lankan spice blend	2 sachets	4 sachets
tomato paste	1 packet	2 packets
coconut milk	1 large tin	2 large tins
vegetable stock pot	1 packet (20g)	1 packet (40g)
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4308kJ (1029Cal)	600kJ (143Cal)
Protein (g)	20.3g	2.8g
Fat, total (g)	54.7g	7.6g
- saturated (g)	37.3g	5.2g
Carbohydrate (g)	102.4g	14.3g
- sugars (g)	15.2g	2.1g
Sodium (mg)	1149mg	160mg

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.



Cook the garlic rice

- Finely chop the **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce 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 continue cooking in its own steam so don't peek!



Finish the curry

- Stir in the **coconut milk**, **vegetable stock pot**, **lemon zest**, **brown sugar** and a generous squeeze of **lemon juice**. Bring to the boil, then reduce heat to medium. Simmer until veggies are softened, **5-6 minutes**.
- Add the **baby spinach leaves** and cook until wilted, **2-3 minutes**. Season with **salt** and **pepper**.



Start the curry

- Roughly chop the **tomato**. Zest the **lemon** to get a generous pinch, then slice into wedges. Drain the **chickpeas**.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add **chopped veggie mix** and cook, stirring, until slightly softened, **4-5 minutes**.
- Add **tomato**, **ginger paste**, **Sri Lankan spice blend** and **tomato paste** and cook until fragrant, **1 minute**.
- Add **chickpeas** and cook, stirring, until tender, **2-3 minutes**.



Serve up

- Divide garlic rice between bowls. Top with chickpea and tomato curry.
- Sprinkle with **flaked almonds** and a pinch of **chilli flakes** (if using). Serve with any remaining lemon wedges.

Enjoy!

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