



Zesty Chickpea & Tomato Curry

with Garlic Rice & Flaked Almonds

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Zucchini



Lemon



Chickpeas



Ginger Paste



Mild Curry Paste



Tomato Paste



Coconut Milk



Vegetable Stock Pot



Baby Spinach Leaves



Flaked Almonds



Chilli Flakes (Optional)



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

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.

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

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
carrot	1	2
zucchini	1	2
lemon	½	1
chickpeas	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
mild curry paste	1 medium packet	1 large packet
tomato paste	1 packet	1 packet
coconut milk	1 medium packet	2 medium packets
vegetable stock pot	1 packet (20g)	2 packets (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
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3098kJ (740Cal)	439kJ (105Cal)
Protein (g)	23.1g	3.3g
Fat, total (g)	34.1g	4.8g
- saturated (g)	20.9g	3g
Carbohydrate (g)	106.2g	15.1g
- sugars (g)	21.7g	3.1g
Sodium (mg)	2060mg	292mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3785kJ (905Cal)	501kJ (120Cal)
Protein (g)	54.6g	7.2g
Fat, total (g)	39.1g	5.2g
- saturated (g)	22.5g	3g
Carbohydrate (g)	103.9g	13.8g
- sugars (g)	19.8g	2.6g
Sodium (mg)	2145mg	284mg

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



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over 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 and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

3



Finish the curry

- Stir in **coconut milk**, **vegetable stock pot**, **lemon zest**, the **brown sugar** and a generous squeeze of **lemon juice**. Bring to the boil, then reduce heat to medium. Simmer until veggies are softened, **3-4 minutes**.
- Add **baby spinach leaves** and cook until wilted, **2-3 minutes**. Season with **salt** and **pepper**.

Custom Recipe: Return cooked chicken to the pan along with baby spinach.

2



Start the curry

- Meanwhile, cut **carrot** and **zucchini** into half-moons.
- Zest **lemon** to get a generous pinch, then slice into wedges. Drain **chickpeas**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **carrot** and **zucchini** and cook, stirring, until slightly softened, **4-5 minutes**.
- Add **ginger paste**, **mild curry paste** and **tomato paste** and cook until fragrant, **1 minute**.
- Add **chickpeas** and cook, stirring, until tender, **2-3 minutes**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks. Before cooking the veggies, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl. Reduce heat to medium-high and continue with step.

4



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!

Rate your recipe

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