

Curried Beef and Chickpea Soup

with Naan Bread

RAPID 20 Minutes • Medium Heat • 1.5 of your 5 a day







Yellow Pepper









Spring Onion



Green Chilli



Mild Curry Spice



Tomato Passata



Beef Stock Powder



Naan Breads



Greek Yoghurt

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Measuring Jug and Baking Tray.

Ingredients

2P	3P	4P
240g	360g	480g
1	1½	2
1	2	2
1/2	3/4	1
1	2	2
1 carton	1½ cartons	2 cartons
1 small pot	¾ large pot	1 large pot
1 carton	1½ cartons	2 cartons
1 sachet	1½ sachets	2 sachets
400ml	600ml	800ml
2	3	4
½ pouch	¾ pouch	1 pouch
	240g 1 1 ½ 1 1 carton 1 small pot 1 carton 1 sachet 400ml	240g 360g 1 1½ 1 2 ½ ¾ 1 2 1 carton 1½ cartons 1 small pot ¾ large pot 1 carton 1½ cartons 1 sachet 1½ sachets 400ml 600ml 2 3

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	782g	100g
Energy (kJ/kcal)	3213 /768	411/98
Fat (g)	29	4
Sat. Fat (g)	10	1
Carbohydrate (g)	80	10
Sugars (g)	13	2
Protein (g)	43	6
Salt (g)	2.43	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

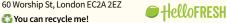
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1. Brown the Mince

- a) Preheat your oven to 150°C.
- **b)** Heat a splash of **oil** in a large saucepan on medium-high heat.
- **c)** When hot, add the **mince** and cook until browned, 5-6 mins. Break the **meat** up with a spoon as it cooks.



2. Add the Pepper

- **a)** Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm sized chunks.
- **b)** Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then slice thinly.
- c) Trim the spring onion then slice thinly.
- **d)** Once the **beef** is browned, stir the chopped **pepper** into the **beef**.



3. Spice It Up!

- **a)** Cook the **pepper** with the **beef** until softened, 3-4 mins.
- **b)** Meanwhile, drain and rinse the **chickpeas**, crush half with a fork or potato masher in a bowl.
- c) Lower the heat to medium and add the garlic and curry powder.
- **d)** Stir and cook for a minute then stir in the **passata**, **beef stock powder** and **water** (see ingredients for amount).



4. Simmer

- **a)** Stir in both the crushed and whole **chickpeas.** *TIP:* They will help thicken up the soup.
- **b)** Bring the **soup** up to the boil then lower the heat and simmer, uncovered until the its a soupy consistency, 6-7 mins. **IMPORTANT:** The beef is cooked when no longer pink in the middle.



5. Warm the Naans

- **a)** Whilst the soup simmers away, pop the **naan breads** into the oven to warm through, 3-4 mins.
- c) Do any washing up while you have time.



6. Serve

- **a)** When the **soup** is ready, season to taste with **salt** and **pepper**.
- **b)** Slice the **naan breads** into 2cm wide strips. Share the **soup** between your bowls and top with a dollop of **Greek yoghurt**.
- c) Finish with a sprinkle of spring onion and green chilli for those who like some extra heat!
- **d)** Serve the **naan bread strips** alongside for dipping.

Enjoy!