



# Curried Beef and Chickpea Soup

with Naan Bread

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

N° 2



Beef Mince



Yellow Pepper



Garlic



Green Chilli



Spring Onion



Chickpeas



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
Beef Mince**	240g	360g	480g
Yellow Pepper**	1	1½	2
Garlic**	1	2	2
Green Chilli**	½	¾	1
Spring Onion**	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
Mild Curry Spice	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Soup*	400ml	600ml	800ml
Naan Breads 7) 13)	2	3	4
Greek Yoghurt 7)**	½ pouch	¾ pouch	1 pouch

\*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.

### Contact

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## 1. Brown the Mince

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



## 4. Simmer

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



## 2. Add the Pepper

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



## 5. Warm the Naans

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



## 3. Spice It Up!

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



## 6. Serve

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

Enjoy!