



Peanut Butter Chickpea Curry

with Roasted Broccoli and Basmati Rice

CLASSIC 35 Minutes • Little Heat • 2.5 of your 5 a day • Veggie



Basmati Rice



Broccoli Florets



Onion



Garlic Clove



Lime



Coriander



Chickpeas



North Indian Style Curry Powder



Finely Chopped Tomatoes



Coconut Milk



Vegetable Stock Powder



Peanut Butter

Before you start

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

Basic cooking tools you will need:

Measuring Jug, two Large Saucepans (one with a Lid), Baking Tray, Fine Grater and Sieve.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Chickpeas	1 carton	1½ cartons	2 cartons
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Peanut Butter 1	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	713g	100g
Energy (kJ/kcal)	3579 /856	502 /120
Fat (g)	36	5
Sat. Fat (g)	18	3
Carbohydrate (g)	97	14
Sugars (g)	17	2
Protein (g)	29	4
Salt (g)	2.01	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **10**) Celery

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Cook the Rice

Preheat the oven to 200°C. Pour the **water** for the rice (see ingredients for amount), add ¼ tsp of **salt** into a saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



4. Start the Curry

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **onion** and cook until soft, 5-6 mins, stirring occasionally. Once softened, stir in the **garlic** and **North Indian curry powder**. Cook for 1 minute. Add in the **chickpeas** and stir until coated in all the lovely spice!



2. Roast the Broccoli

Pop the **broccoli florets** onto a baking tray. Drizzle with **oil** and a pinch of **salt** and **pepper**. Toss to coat, then pop the tray onto the middle shelf of the oven to roast until charred and soft enough to eat, 15-20 mins.



5. Simmer the Curry

Pour the **finely chopped tomatoes** and **coconut milk** (see ingredients for amount) into the pan. Add the **stock powder** and stir to dissolve. Bring to the boil, then lower the heat and simmer, until thickened slightly, 6-8 mins. Once thickened, stir the **peanut butter** into the pan. Mix well to combine, then gently add in the **broccoli**. Add a splash of **water** if you think it has become too thick. Taste and add **salt** and **pepper** if you feel it needs it.



3. Get Prepared

In the meantime, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Zest the **lime** and cut into wedges. Roughly chop the **coriander** (stalks and all!). Drain and rinse the **chickpeas** in a sieve.



6. Dinner Time!

Just before you are ready to serve, stir the **lime zest** and **half the coriander** into the **rice** then serve into large bowls with the **curry** spooned on top. Sprinkle over the remaining **coriander** and serve with the **lime wedges** on the side to squeeze on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.