

Peanut Butter Chickpea Curry

with Roasted Broccoli and Basmati Rice

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









Broccoli Florets

Basmati Rice





Onion



Garlic Clove





Coriander



Chickpeas



North Indian Style Curry Powder





Finely Chopped Tomatoes



Vegetable Stock Powder



Peanut Butter

Before you start

Our fruit, veggies and herbs need a wash before vou 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**	1/2	3/4	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

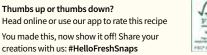
1) Peanut 10) Celery

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

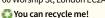
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1. Cook the Rice

Preheat the oven to 200°C. Pour the water for the rice (see ingredients for amount), add 1/4 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).



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.



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.



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!



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.



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.

Eniov!

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.