



Creamy Indian Chickpea Curry

with Mint Yoghurt & Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Zucchini



Carrot



Tomato



Asian Greens



Ginger



Garlic



Chickpeas



Tandoori Paste



Mumbai Spice Blend



Tomato Paste



Light Thickened Cream



Mint



Greek Yoghurt

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Naturally gluten-free
Not suitable for Coeliacs

If we had to list our favourite things about Indian food we'd be here all night. But one of the best things is the variety of vegetarian options available – there are so many ways to make veggies and legumes exciting! This chickpea curry uses a mild yet flavourful paste, plus tomatoes and a dash of cream to create a warm, comforting dish.

Pantry items

Olive Oil, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
zucchini	1	2
carrot	1	2
tomato	1	2
Asian greens	1 bunch	2 bunches
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
chickpeas	1 tin	2 tins
tandoori paste	1 tub (50g)	2 tubs (100g)
Mumbai spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water* (for the curry)	1 cup	2 cups
light thickened cream	1 packet (150ml)	2 packets (300ml)
brown sugar*	2 tsp	1 tbs
salt*	½ tsp	1 tsp
mint	1 bunch	1 bunch
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3763.1 kJ (899Cal)	438.4 kJ (105Cal)
Protein (g)	25.4g	3g
Fat, total (g)	32.2g	3.8g
- saturated (g)	13.1g	1.5g
Carbohydrate (g)	122.5g	14.3g
- sugars (g)	26.1g	3g
Sodium (mg)	2160.3mg	251.7mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the rice

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



4. Finish the curry

While the curry is simmering, pick and finely chop the **mint** leaves. In a small bowl, combine the **mint**, **Greek yoghurt** and a **pinch of salt** and **pepper**.



2. Get prepped

While the rice is cooking, thinly slice the **zucchini** and **carrot** (unpeeled) into half-moons. Roughly chop the **tomato**. Roughly chop the **Asian greens**. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas**.



5. Add the greens

Add the **Asian greens** to the curry and stir until wilted, **2 minutes**. Season to taste with **salt** and **pepper**.



3. Start the curry

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**. Add the **tandoori paste**, **Mumbai spice blend** and **tomato paste** and cook, stirring, until fragrant, **1 minute**. Add the **zucchini**, **carrot**, **tomato**, **chickpeas** and **water (for the curry)** and stir to combine. Simmer until the veggies have softened, **3-4 minutes**. Add the **light thickened cream**, **brown sugar** and the **salt** to the frying pan. Simmer until combined, **4-5 minutes**.



6. Serve up

Divide the basmati rice between bowls and top with the Indian chickpea curry. Top with a dollop of mint yoghurt to serve.

Enjoy!