



# Red Thai-Style Chickpea Curry

## With Thai Spiced Roast Cauliflower

Classic 30 Minutes • Medium Spice • 2.5 of your 5 a day • Veggie

20



Basmati Rice



Cauliflower Florets



Thai Spice Blend



Coriander



Mangetout



Lime



Chickpeas



Salted Peanuts



Garlic



Red Thai Curry Paste



Ginger Purée



Coconut Milk

## Before you start

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

## Cooking tools, you will need:

Measuring Jug, Saucepan, Baking Tray, Colander, Fine Grater (or Garlic Press) and Frying Pan.

## Ingredients

|                       | 2P             | 3P              | 4P              |
|-----------------------|----------------|-----------------|-----------------|
| Water for Rice*       | 300ml          | 450ml           | 600ml           |
| Basmati Rice          | 150g           | 225g            | 300g            |
| Cauliflower Florets** | 300g           | 450g            | 600g            |
| Thai Spice Blend 3)   | ½ pot          | ¾ pot           | 1 pot           |
| Coriander**           | 1 bunch        | 1 bunch         | 1 bunch         |
| Mangetout**           | 1 small pack   | 1 large pack    | 1 large pack    |
| Lime**                | 1              | 1               | 1               |
| Chickpeas             | 1 carton       | 1½ cartons      | 2 cartons       |
| Salted Peanuts 1)     | 1 small pot    | ¾ large pot     | 1 large pot     |
| Garlic**              | 1 clove        | 2 cloves        | 2 cloves        |
| Red Thai Curry Paste  | 1 large sachet | 2 small sachets | 2 large sachets |
| Ginger Purée          | 1 sachet       | 1½ sachets      | 2 sachets       |
| Coconut Milk          | 200ml          | 300ml           | 400ml           |
| Water for the Curry*  | 100ml          | 150ml           | 200ml           |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 783g        | 100g     |
| Energy (kJ/kcal)        | 3353 /802   | 428 /102 |
| Fat (g)                 | 36          | 5        |
| Sat. Fat (g)            | 18          | 2        |
| Carbohydrate (g)        | 92          | 12       |
| Sugars (g)              | 10          | 1        |
| Protein (g)             | 24          | 3        |
| Salt (g)                | 3.61        | 0.46     |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 3) Sesame

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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## Cook Your Rice

Preheat your oven to 200°C. Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, 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).



## Roast the Cauli

Pop the **cauliflower florets** onto a baking tray and scatter over the **Thai spice blend** (see ingredients for amounts). Drizzle with **oil** and season with **salt** and **pepper**. Toss well to combine and place in a single layer on a baking tray. Roast on the top shelf of your oven until golden and tender, 18-20 mins. Turn halfway through cooking.



## Prep

Meanwhile, roughly chop the **coriander** (stalks and all). Chop the **mangetout** in half widthways. Zest and halve the **lime**. Drain and rinse the **chickpeas** in a colander. Finely chop the **peanuts** or use the base of a pan to crush them. Peel and grate the **garlic** (or use a garlic press).



## Cook the Curry

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot add the **red Thai paste** and cook stirring frequently until fragrant, 1 minute. Add the **garlic** and **ginger purée** and cook for a further 1 minute. Add the **coconut milk** and **water** (see ingredients for amount). Season with **salt** and **pepper**, bring to the boil and add the **chickpeas** and **mangetout**. Simmer until slightly thickened and the **mangetout** is tender, 3-4 mins.



## Flavour the Rice

Carefully fluff up the **rice** using a fork. Stir through the **lime zest** and **half** the **coriander**.



## Time to Serve

Add a squeeze of **lime juice** to the **curry**, taste and season with **salt** and **pepper** if you feel it needs it. Cut any remaining **lime** into **wedges**. Share the **rice** between bowls. Top with the **chickpea curry**. Place the **roasted cauliflower** on top, sprinkle over the **peanuts** and **coriander**. Serve with **lime wedges** along side.

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.