



Red Thai Style Chickpea Curry with Spiced Roasted Cauliflower and Zesty Rice

Classic 25-30 Minutes • Medium Spice • 3 of your 5 a day • Veggie

43



Basmati Rice



Cauliflower Florets



Thai Style
Spice Blend



Lime



Chickpeas



Salted Peanuts



Garlic Clove



Red Thai
Style Paste



Coconut Milk



Vegetable Stock
Paste

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, baking tray, fine grater, sieve, rolling pin, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Cauliflower Florets**	300g	450g	600g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Lime**	½	1	1
Chickpeas	1 carton	1½ cartons	2 cartons
Salted Peanuts 1)	25g	40g	40g
Garlic Clove**	1	2	2
Red Thai Style Paste	75g	100g	150g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	518g	100g
	3294 / 787	636 / 152
Fat (g)	35.9	6.9
Sat. Fat (g)	18.6	3.6
Carbohydrate (g)	93.8	18.1
Sugars (g)	9.7	1.9
Protein (g)	22.3	4.3
Salt (g)	3.31	0.64

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 3) Sesame 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Chickpea Curry Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **red Thai style paste** and fry until fragrant, 1 min.

Add the **garlic** and cook for 1 min more, then pour in the **coconut milk, veg stock paste and water for the curry** (see pantry for amount). Season with **salt and pepper**.

Bring to the boil, then stir in the **chickpeas**. Lower the heat slightly and simmer until thickened, 5-7 mins.



Roast the Cauli

Have any large **cauliflower florets**, then pop onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then scatter over the **Thai style spice blend**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until golden and tender, 15-20 mins. Turn halfway through.



Zest Things Up

Once the **rice** is cooked, fluff it up using a fork and stir through the **lime zest**.

Once your **curry** has thickened, add a squeeze of **lime juice**. Taste and season with **salt** and **pepper** if needed.

Cut any remaining **lime** into wedges.



Get Prepped

Meanwhile, zest and halve the **lime**. Drain and rinse the **chickpeas** in a sieve.

Crush the **peanuts** in the unopened sachet using a rolling pin. Peel and grate the **garlic** (or use a garlic press).



Serve

When everything's ready, share the **zesty rice** between your bowls and top with the **chickpea curry**.

Arrange the **roasted cauliflower** on top, then sprinkle over the **peanuts** to finish.

Serve with any **lime wedges** alongside for squeezing over.

Enjoy!