

Masala Chickpea Curry

with Cauliflower Rice

hellóchef

Vegan comfort food at its best!

Cals 719 • Prot 19 • Carbs 88 • Fat 38

Vegan

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🕒 cook: 30 min

R1878



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Red onion	1	1	2	Piece
Garlic cloves	3	4	6	Piece
Ginger	30	45	60	Grams
Carrot	2	3	4	Piece
Chickpeas	240	480	480	Grams
Vegetable oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Garam masala	2	4	16	Grams
Chilli powder	2	2	4	Grams
Turmeric powder	2	4	4	Grams
Coriander cumin powder	4	4	8	Grams
Black pepper	0.5	1	1	Tsp
Coconut milk	400	400	800	ML
Water	100	350	200	ML
Vegetable stock cube 15*	0.5	1	1	Piece
Brown sugar	10	15	20	Grams
Cauliflower rice				
Cauliflower	600	800	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
To serve				
Lime	2	3	4	Piece
Fresh coriander	15	15	15	Grams

Allergens

*15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3005 / 719
Fat (g)	37.5
of which saturates (g)	21.1
Carbohydrate (g)	88
of which sugars (g)	22.6
Fiber (g)	24.2
Protein (g)	19
Salt (g)	1.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and finely chop the **onion** and **garlic**. Peel and finely grate the **ginger** and **carrots**. Drain and rinse the **chickpeas**.

Tip! Use a spoon to peel the ginger.



2 Fry

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion, carrot, garlic** and **ginger** with a pinch of **salt** and fry for 5 min. Add the **garam masala, chilli (spicy!), turmeric, coriander, cumin** and **black pepper** and cook for 1 min further.



3 Simmer

Add the **coconut milk, measured water, {0.5/1/1} vegetable stock cube** and **brown sugar**. Bring to a simmer, cover with a lid and cook for 15 min or until the **carrots** are soft. Once soft, blitz with a hand-held blender or with a food processor until smooth. Add a splash of **water** if the sauce looks too thick – this is your **curry sauce**.



4 Prep cauli rice

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



5 Fry cauli rice

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and fry for 5 min.



6 Serve

Add the drained **chickpeas** to the **curry sauce**. Cover and simmer for 3 min further. Finally squeeze a generous amount of **lime** juice into the **curry**. Slice the remaining **lime** into wedges. Season to taste. Serve the **chickpea curry** over the **cauliflower rice**. Garnish with **fresh coriander** leaves and a wedge of **lime**.