

Chickpea Rogan Josh

with Basmati Rice

hellóchef

In this recipe you'll make a Rogan Josh curry paste from scratch. It will be worth it!

Cals 786 • Prot 27 • Carbs 140 • Fat 9

Vegan

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2648



Before you start

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

Ingredients

Rice	2 ppl	3 ppl	4 ppl	
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp
Paste				
Shallots	2	3	4	Piece
Fresh coriander	15	15	15	Grams
Small green chilli	1	1	2	Piece
Cardamom pods	4	6	8	Piece
Ginger garlic paste	20	30	40	Grams
Tomato paste	30	50	70	Grams
Coriander powder	2	2	4	Grams
Cumin powder	2	2	4	Grams
Garam masala	5	8	10	Grams
Chipotle powder	2	2	2	Grams
Smoked paprika powder	2	2	4	Grams
Turmeric powder	2	2	4	Grams
Vegetable oil	2	3	4	Tbsp
To finish				
Chickpeas	240	480	480	Grams
Water	250	375	500	ML
Vegetable stock cube 15*	1	1	1	Piece
Maple syrup	20	30	40	ML
Cashew cream cheeze 2*	110	110	220	Grams

Allergens

*15 Celery, *2 Tree Nuts

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)	3287 / 786
Fat (g)	9.1
of which saturates (g)	5.9
Carbohydrate (g)	140
of which sugars (g)	16.2
Fiber (g)	12.5
Protein (g)	26.6
Salt (g)	4.1

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



1 Boil rice

Add the **basmati rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



2 Prep ingredients

Meanwhile, peel and roughly chop the **shallots**. Separate the **coriander** leaves from their stems. Roughly chop the **green chilli**. Split the **cardamom pods** open with the back of a knife, discard the **pods** and keep the seeds. Rinse and drain the **chickpeas** in a colander.



3 Make paste

Add the **coriander** stems (reserve the leaves for garnish), **shallots**, **green chilli (spicy!)**, **ginger garlic paste**, **tomato paste**, **coriander powder**, **cumin**, **garam masala**, **chipotle (spicy!)**, **paprika**, **turmeric**, **cardamom** seeds and **vegetable oil** to a food processor. Blitz until smooth.

Tip! Prefer it less spicy? Go easy on the green chilli and chipotle powder.



4 Start curry

Heat a large pan over a medium heat and add the **paste**. Fry for 3-4 min. Add the **measured water** and **vegetable stock cube**. Add the drained **chickpeas**. Reduce the heat to low and simmer for 10 min or until thickened.

Tip! Don't rush the frying of the curry paste. Caramelising the paste builds depth of flavour.



5 Finish curry

Once thickened, remove the pan from the heat. Add the **maple syrup** and **cashew cream cheeze**. Stir well.



6 Serve

Serve the **chickpea rogan josh curry** over the cooked **rice**. Garnish with the **coriander** leaves.