

Chickpea Pasanda Curry

with Basmati Rice

Flavourful, easy-to-make, vegan comfort curry!

Cals 811 • Prot 26 • Carbs 132 • Fat 16

Vegan

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🕒 cook: 30 min

R2788

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	
Chickpeas	240	480	480	Grams
Brown onion	1	1	1	Piece
Garlic cloves	3	5	6	Piece
Ginger	30	45	60	Grams
Cardamom pods	4	6	8	Piece
Water	400	600	800	ML
Vegetable stock cube 15*	1	1	1	Piece
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Garam masala	2	2	5	Grams
Coriander cumin powder	4	8	8	Grams
Chilli powder	2	2	4	Grams
Turmeric powder	2	4	4	Grams
Black pepper	0.5	1	1	Tsp
Cashew cream cheeze 2*	110	110	220	Grams
Rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp
To serve				
Almond flakes 1*, 2*	30	45	60	Grams
Lime	1	2	2	Piece
Fresh coriander	15	15	15	Grams

Allergens

*15 Celery, *2 Tree Nuts, *1 Peanuts

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)	3395 / 811
Fat (g)	16.2
of which saturates (g)	6.3
Carbohydrate (g)	132
of which sugars (g)	7.4
Fiber (g)	12.9
Protein (g)	26.1
Salt (g)	3

*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

Drain and rinse the **chickpeas**. Peel and finely chop the **brown onion**. Peel and mince the **garlic**. Peel and grate the **ginger**. Split the **cardamom pods** open with a back of a knife. Boil the **measured water** and dissolve the {0.5/1/1} **stock cube** in it.



2 Boil rice

Add the **basmati rice**, **measured water** and **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.



3 Start curry

Meanwhile, heat a large pan over a medium heat with a drizzle of **oil**. Add the **onion** and cook with a pinch of **salt** for 5 min until translucent. Add the **garlic**, **ginger**, **cardamom pods**, **garam masala**, **coriander cumin**, **chilli (spicy!)**, **turmeric** and **black pepper**. Cook for 2 min further.



4 Simmer

Add the drained **chickpeas** and the **stock** to the pan. Cover the pan with a lid and simmer over a low heat for 10-15 min.



5 Prep garnishes

Meanwhile, toast the **almond flakes** in a hot, dry pan for 2 min or until starting to brown (see pro tip). Transfer them to a plate and set aside. Slice the **lime** into wedges and chop the **fresh coriander**.
Tip! Remove the almond flakes from the pan the moment they start to brown. They go from being toasted to being burnt in a matter of seconds!



6 Serve

Finally fold the **cashew cream cheeze** into the curry sauce. Check the seasoning. Serve the **chickpea pasanda** over the **rice** and sprinkle with the toasted **almond flakes**. Garnish with the **lime** wedges and chopped **coriander**.