

Vegan Butter Chickpea Curry

with Carrot and Cashew Salad

hellóchef

Spiced creamy curry meets fresh and tangy salad.

Cals 1023 • Prot 27 • Carbs 154 • Fat 43

Vegan

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🕒 cook: 30 min

R2968



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	2	Piece
Garlic cloves	3	4	6	Piece
Ginger	30	45	60	Grams
Salted vegan butter	20	30	40	Grams
Salt	0.5	1	1	Tsp
Coriander cumin powder	4	8	8	Grams
Garam masala	2	5	8	Grams
Turmeric powder	2	4	4	Grams
Chilli powder	2	4	4	Grams
Tomato paste	30	50	70	Grams
Tomato passata	200	400	500	Grams
Brown sugar	5	5	10	Grams
Water	100	150	200	ML
Vegetable stock cube 15*	0.5	1	1	Piece
Coconut cream	200	400	400	Grams
Rice and salad				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp
Cashew nuts 1*, 2*	40	60	80	Grams
Carrot	2	3	4	Piece
Fresh coriander	15	15	15	Grams
Lime	2	3	4	Piece

Allergens

*15 Celery, *1 Peanuts, *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)	4282 / 1023
Fat (g)	42.8
of which saturates (g)	27.2
Carbohydrate (g)	154
of which sugars (g)	22.8
Fiber (g)	20.9
Protein (g)	27
Salt (g)	2.1

*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 **salt** to a pan with a lid and bring to a boil. 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.



2 Prep

Meanwhile, peel and chop the **onion** and **garlic**. Peel and grate the **ginger**. Heat a pot over a medium heat with the **vegan butter** and a drizzle of **vegetable oil**. Fry the **onion** with a pinch of **salt** for 5 min until translucent. Add the **garlic** and **ginger** and cook for 1 min further.



3 Stew

Add the **coriander cumin powder**, **garam masala**, **turmeric**, **chilli (spicy!)** and **tomato paste** and cook for 1 min. Add the **tomato passata**, **sugar**, **measured water**, {0.5/1/1} **stock cube**, and **coconut cream**. Bring to a simmer, cover with a lid and cook for 15 min.



4 Make salad

Meanwhile, toast the **cashews** in a hot, dry pan for 2 min or until lightly toasted. Transfer them to a plate to cool. Peel the **carrot** and chop it into thin matchsticks. Alternatively, grate it. Chop the **fresh coriander**. Toss the **carrots** and chopped **coriander** with the **toasted cashews**. Season with {1/1.5/2} Tbsp of **lime** juice and a pinch of **salt**.



5 Puree

After 15 min, puree the curry sauce in a food processor or with a hand-held blender until smooth. Rinse and drain the **chickpeas**. Add the **chickpeas** to the pureed curry sauce and cook the curry for a final 5 min. Check the seasoning.
Tip! Prep the curry sauce in advance! It reheats well with a splash of water.



6 Serve

Serve the **butter chickpea curry** over the cooked **basmati rice**. Serve the **carrot** and **cashew salad** over the top or to the side.