



Vegan curry night!

Takes: 40 min | Gluten-Free | Dairy-Free

Equipment Required: Blender

Cals 870 | Prot 28 | Carbs 126 | Fat 30

Tips For Fussy Eaters

This one is mild and creamy, but you might want to leave out the chipotle and reduce some of the other dry spices.

Pro Tip

Prepare the curry sauce in advance until step 5. Reheat with a splash of water.

Ingredients

For 2 For 3 For 4

Chickpeas

Chickpeas	240	480	480	Grams
Smoked paprika powder	2	4	4	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp

Curry

Red onion	1	2	2	Piece
Carrot	1	1	2	Piece
Tomatoes	1	2	2	Piece
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Tomato paste	50	70	70	Grams
Ginger garlic paste	10	15	20	Grams
Curry powder	4	5	8	Grams
Garam masala	4	5	8	Grams
Chipotle powder	2	4	4	Grams
Water	300	450	600	ML
Vegetable stock cube	0.5	1	1	Piece
Cashew nuts	40	60	80	Grams
Maple syrup	20	30	40	ML
Cashew cream cheese	110	110	220	Grams
Lime	2	2	3	Piece
Fresh coriander	15	15	15	Grams

Rice

Basmati rice	150	225	300	Grams
Water	300	450	600	ML



1 Roast chickpeas

Preheat the oven to 200°C/180°C fan. Rinse and drain the **chickpeas**. Transfer them to a bowl. Add the **smoked paprika powder, oil** and a large pinch of **salt**. Toss to coat. Pour onto a lined baking tray. Roast for 20 min or until crispy.



2 Fry

Meanwhile, peel and chop the **onion** and **carrot**. Chop the **tomatoes**. Heat a soup pot over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **carrot** and fry with a pinch of **salt** for 5 min. Add the **tomatoes** and cook for 2 min further.



3 Simmer

Add the **tomato paste, ginger garlic paste, curry powder, garam masala** and **chipotle (spicy!)** and cook for 1 min. Add the **measured water, stock cube, cashew nuts** and **maple syrup**. Bring to a simmer, cover with a lid and reduce the heat to low. Simmer for 20 min.



4 Boil rice

Meanwhile, 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.



5 Puree curry

After 20 min, blitz the **curry** sauce in a food processor or with a hand-held blender until smooth. Add the **cashew cream cheese** and mix well to combine. If the sauce looks too thick, add a splash of water.



6 Finish curry

Add the roasted **chickpeas** to the pureed **curry sauce** (reserve some for garnish). Slice the **lime** into wedges. Season the **curry sauce** with a squeeze of **lime** juice. Serve over the **rice** and garnish with the remaining roasted **chickpeas, lime** wedges and **fresh coriander** leaves.



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