

# Bombay Potatoes and Chickpeas

## with Seedy Green Beans and Chapatis

**hellóchef**

In this recipe you'll simmer potatoes in mildly spiced tomatoes and serve them with chapatis.

Cals 905 • Prot 36 • Carbs 136 • Fat 30

**Vegan**

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🕒 cook: 30 min

R3360





Before you start

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

Ingredients

Potatoes	2 ppl	3 ppl	4 ppl	
Potatoes	600	900	1200	Grams
Red onion	1	2	2	Piece
Tomatoes	1	2	2	Piece
Chickpeas	240	240	480	Grams
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	15	20	30	Grams
Cumin seeds	2	4	4	Grams
Turmeric powder	2	4	4	Grams
Coriander powder	2	4	4	Grams
Vegetable stock cube 15*	1	1	2	Piece
Garam masala	5	5	10	Grams
Tomato paste	30	50	70	Grams
Brown sugar	5	5	10	Grams
Chilli powder	2	2	2	Grams
Fresh coriander	15	15	15	Grams
Beans				
Green beans	250	375	500	Grams
Curry leaves	6	6	12	Piece
Cashew nuts 1*, 2*	40	60	80	Grams
Salted vegan butter	20	30	40	Grams
Water	35	50	75	ML
Nigella seeds 3*, 13*	10	10	20	Grams
Sesame seeds 3*	10	15	20	Grams
Salt	0.5	0.5	1	Tsp
Chapati 10*, 11*	4	6	8	Piece

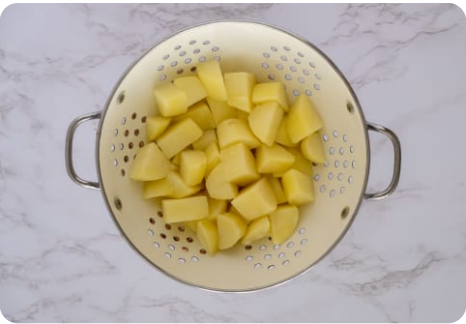
Allergens

\*15 Celery, \*1 Peanuts, \*2 Tree Nuts, \*3 Sesame Seeds, \*13 Mustard, \*10 Wheat, \*11 Gluten

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)	3785 / 905
Fat (g)	29.9
of which saturates (g)	8.4
Carbohydrate (g)	136
of which sugars (g)	18.2
Fiber (g)	25.9
Protein (g)	35.6
Salt (g)	2.8

\*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 potatoes

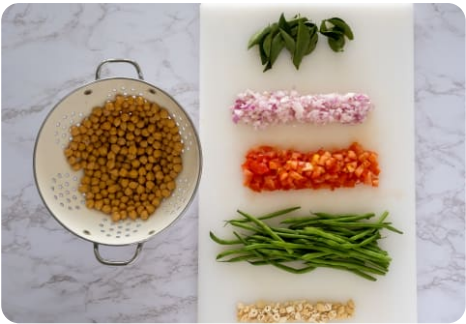
Peel and chop the **potatoes** into bite-size cubes. Add them to a pan of salted boiling water. Cook the **potatoes** over a medium heat for 15 min or until soft. Once soft, drain and leave them to steam dry in a colander (reserve the pot, no need to wash it).

**Tip!** Add the potatoes to cold water and bring to a boil from there. It'll take longer, but the potatoes will cook more evenly.



4 Cook green beans

Meanwhile, return the empty pot to a medium-high heat with the **butter** and **measured water**. Once boiling, add the **green beans** and **curry leaves**. Cover and cook for 2 min. Add the **nigella seeds, sesame seeds, chopped cashew nuts** and a generous pinch of **salt**. Cover with a lid and cook for 5 min.



2 Prep

Meanwhile, peel and finely chop the **onion**. Finely chop the **tomatoes**. Drain the **chickpeas**. Trim the **green beans**. Pick the **curry leaves**. Finely chop the **cashew nuts**.



5 Toss potatoes

Add the cooked **potatoes** to the spiced **tomatoes** with a pinch of **chilli powder (spicy!)**. Cook for 2 min. Microwave the **chapatis** for 30 sec until hot.



3 Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with pinch of **salt**. Fry for 5 min. Add the **ginger-garlic paste, cumin seeds, turmeric, coriander powder, stock cube** and **garam masala**. Fry for 2 min. Add the **tomato paste, tomatoes, brown sugar** and **chickpeas**. Cook for 5-8 min.



6 Serve

Tear the **fresh coriander** over the **Bombay potatoes** and serve the **beans** and **chapatis** alongside.