



Sri Lankan Chickpea Curry

with Garlic Rice & Toasted Coconut

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Shredded Coconut



Brown Onion



Carrot



Tomato



Baby Broccoli



Lime



Chickpeas



Sri Lankan Spice Blend



Tomato Paste



Coconut Cream



Vegetable Stock Pot



Chilli Flakes (Optional)

Hands-on: **15-25 mins**
 Ready in: **25-35 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional chilli flakes)

This dish delivers flavour in spades! From the garlicky rice, to veggie-packed chickpea curry infused with tomato and lime, you'll be licking the bowl clean.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
shredded coconut	1 packet	2 packets
brown onion	1	2
carrot	1	2
tomato	1	2
baby broccoli	1 bunch	2 bunches
lime	1	2
chickpeas	1 tin	2 tins
Sri Lankan spice blend	2 sachets	4 sachets
tomato paste	1 sachet	2 sachets
coconut cream	1 tin (200ml)	1 tin (400ml)
vegetable stock pot	1 tub (20g)	1 tub (40g)
water* (for the sauce)	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4038kJ (965Cal)	573kJ (136Cal)
Protein (g)	19.9g	2.8g
Fat, total (g)	47.1g	6.7g
- saturated (g)	36.6g	5.2g
Carbohydrate (g)	108.2g	15.4g
- sugars (g)	20.7g	2.9g
Sodium (mg)	1498mg	213mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.



Start the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **carrot** until slightly softened, **4-5 minutes**. Add the **tomato**, **Sri Lankan spice blend** and **tomato paste** and cook until fragrant, **1 minute**. Add the **chickpeas** and cook until tender, **2-3 minutes**.



Toast the coconut

While the rice is cooking, heat a large frying pan over a medium-high heat. Add the **shredded coconut** and toast until golden, **2-3 minutes**. Transfer to a small bowl and set aside.

TIP: The coconut burns easily so keep an eye on it!



Finish the curry

Add the **baby broccoli**, **coconut cream**, **vegetable stock pot**, **water (for the sauce)**, a generous squeeze of **lime juice**, **lime zest** and **brown sugar** and bring to the boil. Reduce the heat to medium and cook until the veggies have softened, **5-6 minutes**. Season with **salt** and **pepper**.



Get prepped

Finely chop the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **tomato**. Cut the **baby broccoli** into 2cm pieces. Zest the **lime** to get a generous pinch, then slice into wedges. Drain the **chickpeas**.



Serve up

Divide the garlic rice between bowls. Top with the Sri Lankan chickpea curry. Garnish with the toasted coconut. Sprinkle with a pinch of **chilli flakes** (if using). Serve with any remaining lime wedges.

Enjoy!