# Sri Lankan Chickpea Curry with Garlic Rice & Toasted Coconut













**Shredded Coconut** 





Carrot



Baby Broccoli





Chickpeas





Tomato Paste



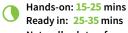
Coconut Cream



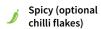
Vegetable Stock



Chilli Flakes (Optional)







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

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	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*	1/4 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	

<sup>\*</sup>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**.



#### 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!



# 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**.



# 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**.



# 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.



### 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!