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WK35
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Chickpea & Pumpkin Curry with Yoghurt & Coriander

This fresh, fragrant curry gets its flavour from two of our favourite hero veggies. A mild yet tasty curry base of ginger, chilli, tumeric and fenugreek seeds is revived with fresh citrus and creamy yoghurt, all on a bed of pillowy rice. Divine!



Prep: 15 mins

Cook: 35 mins

Total: 50 mins



level 1



veggie



helping hands

Pantry Items



Olive Oil



Hot Water



Water



Brown Onion



Mild Curry Powder



Garlic



Pumpkin



Diced Tomatoes



Vegetable Stock



Zucchini



Chickpeas



Lemon



Jasmine Rice



Greek Yoghurt



Coriander

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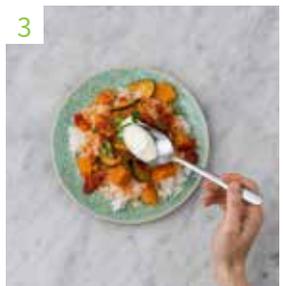


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QTY	Ingredients
1 tbs	olive oil *
1	brown onion, finely chopped
2 sachets	mild curry powder (recommended amount)
2 cloves	garlic, peeled & crushed
800 g	pumpkin, skin removed & flesh chopped into 2 cm cubes
1 tin	diced tomatoes
2 cups	hot water *
1 cube	vegetable stock, crumbled
2	zucchini, sliced into half moons
1 tin	chickpeas, drained & rinsed
1	lemon, juiced
2 packets	Jasmine rice, rinsed well
6 cups	water *
1 tub	Greek yoghurt
1 bunch	coriander, leaves picked

- ⊕ Ingredient features in another recipe
- * Pantry Items
- 🍃 Pre-preparation

Nutrition per serve		
Energy	2400	Kj
Protein	19.4	g
Fat, total	10.1	g
-saturated	3.1	g
Carbohydrate	94.6	g
-sugars	23.4	g
Sodium	419	mg



You will need: *chef's knife, chopping board, garlic crusher, sieve, large pot or saucepan with a lid, wooden spoon and medium saucepan.*

1 Heat the **olive oil** in a large pot or saucepan over a medium-high heat. Add the **brown onion** and cook for **4-5 minutes**, or until softened. Add the **mild curry powder** and **garlic** and cook for a further **1-2 minutes**, or until the spices are fragrant and the onion is coated in the curry powder. Add the cubed **pumpkin** and stir to coat in the spices. Cover with a lid for **10 minutes**, stirring occasionally, or until the pumpkin has softened slightly and is coated in the curry paste. Stir through the **diced tomatoes**, 2 cups of **hot water**, **vegetable stock**, **zucchini** and **chickpeas**. Season with **salt** and **pepper** to taste. Bring the mixture to the boil, and then reduce to a simmer for **10 minutes**, stirring occasionally until the curry thickens slightly and the pumpkin is soft when pierced. Add the **lemon juice** and stir to combine.

2 Meanwhile, place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.

3 To serve, divide the Jasmine rice between bowls. Top with the pumpkin curry, **Greek yoghurt** and **coriander**. Enjoy!

Did you know? Lemons can help prevent oxidation. Sprinkle some lemon juice on fruit that has been sliced to help it stay fresh longer.