

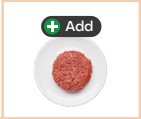


Veggie-Packed Chana Masala-Style Curry

with Basmati Rice and Toasted Flatbreads

Veggie

30 Minutes



Beyond Meat®

2 | 4

Custom Recipe



or



If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chickpeas
370 ml | 740 ml



Ginger-Garlic Puree
2 tbsp | 4 tbsp



Crushed Tomatoes with Garlic and Onion
1 | 2



Indian Spice Mix
1 tbsp | 2 tbsp



Mirepoix
113 g | 227 g



Zucchini
1 | 2



Basmati Rice
¾ cup | 1 ½ cup



Tomato Sauce Base
2 tbsp | 4 tbsp



Flatbread
2 | 4



Cilantro
7 g | 14 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter*, salt*, pepper*

Cooking utensils | Baking sheet, measuring spoons, medium pot, small bowl, measuring cups, large pot, silicone brush

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep and start curry

- + Add | Beyond Meat®**
- Meanwhile, drain and rinse **chickpeas**.
- Cut **zucchini** into ½-inch pieces.
- Roughly chop **cilantro**.
- Heat a large pot over medium heat.
- When hot, add **2 tbsp** (4 tbsp) **butter** to the pot, then swirl the pot until **butter** melts.
- Add **ginger-garlic puree**, **tomato sauce base** and **Indian Spice Blend**.
- Cook, stirring often, until fragrant and combined, 1-2 min.

3



Cook veggies

- Add **mirepoix**, **chickpeas** and **2 tbsp** (4 tbsp) **water** to the pot.
- Cook, stirring occasionally, until beginning to soften, 2-3 min.
- Add **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-5 min.
- Season with **salt** and **pepper**.

4



Finish curry

- Add **crushed tomatoes** to the pot.
- Cook, stirring occasionally, until slightly thickened, 3-4 min.
- Season with **salt** and **pepper**, to taste.

5



Toast flatbreads

- Meanwhile, melt **½ tbsp** (1 tbsp) **butter** in a small microwavable bowl or a small pot over low heat.
- Arrange **flatbreads** on an unlined baking sheet. Brush with **melted butter**, then season with **salt** and **pepper**.
- Toast **flatbreads** in the **middle** of the oven until warmed through, 2-4 min. (**TIP**: Keep an eye on flatbreads so they don't burn!)

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the cilantro**.
- Cut **flatbreads** into quarters.
- Divide **rice** between bowls, then top with **chana masala**.
- Sprinkle over **remaining cilantro**.
- Serve toasted **flatbreads** on the side.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Cook Beyond Meat®

+ Add | Beyond Meat®

If you've opted to add **Beyond Meat® patties**, before adding **mirepoix** and **chickpeas**, add **patties** to the pot. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Season with **salt** and **pepper**. Follow the rest of the recipe as written.

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.