

DINNERLY



Indian Chickpea Curry Rolls

Budget-Busting Tummy Fillers!



25 minutes



2 Servings

Filling, tried-and-true flavours, and even more budget-friendly than our core menu – that's our Thrifty Feed recipes! These classic dishes are perfect for when you want to put tasty, honest-to-goodness food on the table, and enjoy even more savings to boot.

WHAT WE SEND

- 1 small sweet potato
- 1 red onion
- 380g chickpeas
- 10g Sri Lankan curry powder ⁴
- 50g Indian butter curry paste ¹
- 50g tomato paste
- 2 white bread rolls ^{2,3,5}
- 150g peas

WHAT YOU NEED

- 1 tsp white vinegar
- 2 tsp vegetable oil
- 2 tbs vegan mayonnaise

TOOLS

- medium deep frypan with lid
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Cashew (1), Gluten (2), Soy (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 695kcal, Fat 26.5g, Carbs 81.8g, Protein 22.4g



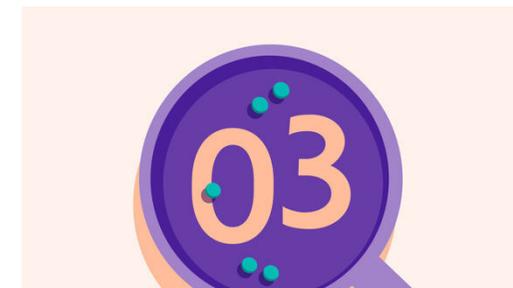
1. Prep ingredients

Cut the **unpeeled sweet potato** into 1.5 cm chunks. Finely chop **half the onion** and thinly slice the **remaining half**. Drain and rinse the **chickpeas**. Put the **sliced onion** and **1 tsp white vinegar** in a bowl and toss to coat. Set aside to pickle, tossing occasionally, until needed.



2. Start curry

Heat **2 tsp vegetable oil** in a medium deep frypan over medium heat. Cook the **chopped onion**, stirring, for 2-3 mins until softened. Add the **curry powder**, **Indian butter curry paste** and **tomato paste** and cook, stirring, for 1 min or until fragrant.



3. Simmer curry

Add the **sweet potato**, **chickpeas** and **375ml (1½ cups) water** to the onion mixture. Increase the heat to medium-high and cook, covered, for 14 mins or until the sweet potato is tender. Increase the heat to high, add the **peas** and cook, covered, for 2 mins or until tender. Remove the pan from the heat. Taste, then season with **salt and pepper**.



4. Toast bread rolls

Meanwhile, preheat the grill to high. Cut the **bread rolls** in half. Put on an oven tray, cut-side up, and grill for 4-5 mins until lightly toasted.



5. Serve up

Drain the **pickled onion**, discarding the pickling liquid. Spread the **bread roll** bases with **2 tbs vegan mayonnaise**, then fill with the **curry** and pickled onion. Sandwich with the tops and enjoy!



6. Make it yours

This is a saucy curry so eating it in a roll can be a little messy – yet so delicious! If you prefer, simply serve the bread alongside instead.