

# 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 <sup>4</sup>
- 50g Indian butter curry paste <sup>1</sup>
- 50g tomato paste
- 2 white bread rolls <sup>2,3,5</sup>
- 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

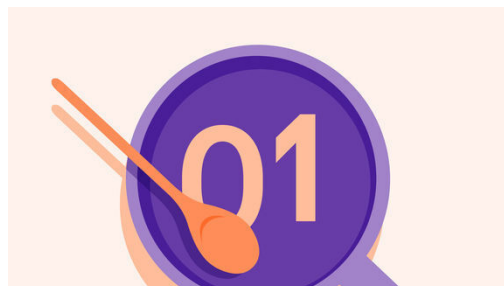
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

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

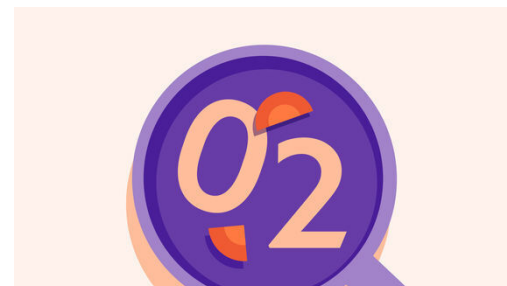
### NUTRITION PER SERVING

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



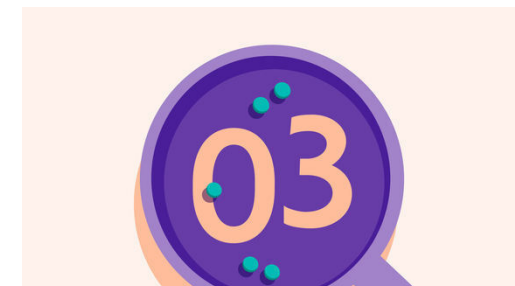
#### 1. Prep ingredients

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.



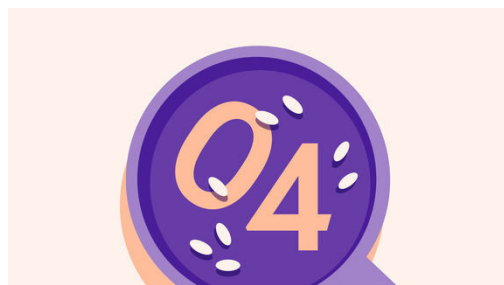
#### 2. Start curry

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.



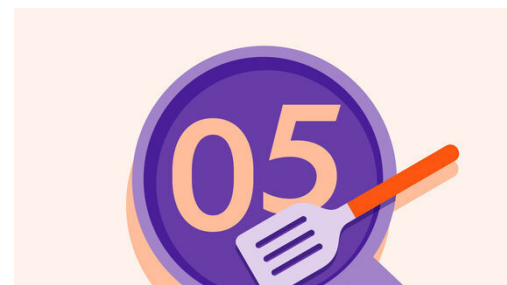
#### 3. Simmer curry

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.