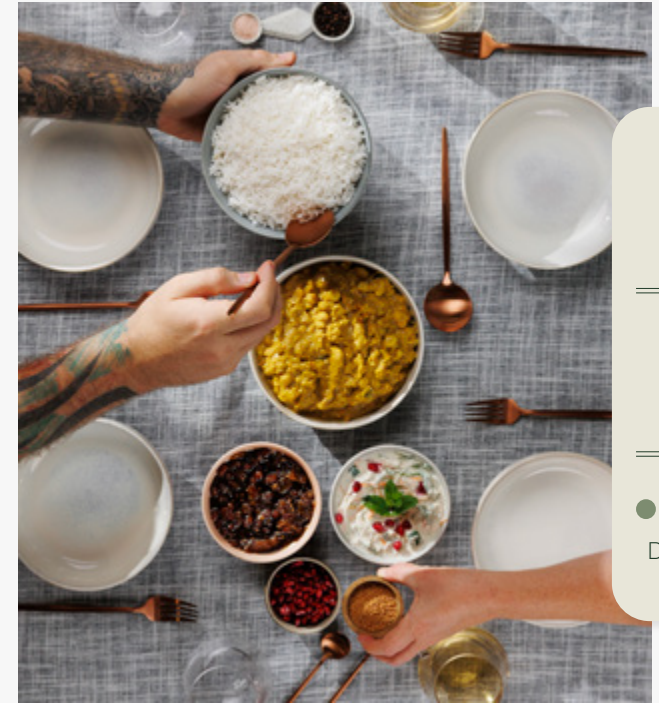




GARDEN OF GOODNESS

 **MEAL  
KITS**



4 to 6



15min



Difficulty

## PUMPKIN CHICKPEA KORMA

Discover the exotic flavours of our Garden of Goodness 'Pumpkin Chickpea Korma' Meal Kit. This certified organic creation brings a healthy twist to classic Indian cuisine. Gluten-free, dairy-free, and free from refined sugar, oil, preservatives, and additives, our kit offers a nourishing taste of the East.

**FAMILY FRIENDLY**

We've thoughtfully combined premium organic ingredients for a rich, satisfying curry base, with suggestions for add-ons and pantry staples to tailor your dish. Indulge in aromatic spices and creamy textures while enjoying a meal that's both nutritious and delicious, perfect for various dietary preferences.





## FROM YOUR KIT



- 2x Pumpkin Chickpea Korma 400g (cooked)
- 1x White Rice 200g (uncooked)
- 1x Indian Chutney and Raita Duo Pack 450g (ready to serve)
  - Sweet Chilli Pear Chutney
  - Pomegranate Raita



## OPTIONAL ADDITIONS

- Add salt or pepper to taste
- For extra protein, add your choice of protein
- Sprinkle micro greens, sprouts or fresh herbs like coriander for added micronutrients
- Add steamed greens like green beans on top



Salt & Pepper



Protein



Coriander



Steamed Greens



## INSTRUCTIONS

### STEP ONE

#### COOK THE WHITE RICE

- Add 2 cups of water to a saucepan
- Begin heating water — just before it reaches boiling, add the rice
- (Optional) Add 1–2 tsp salt for added flavour
- Boil uncovered for 10–15 minutes, stirring occasionally
- Once tender, drain any excess liquid  
Do not rinse — this helps keep the texture fluffy and flavoursome.



### STEP TWO

#### HEAT THE PUMPKIN CHICKPEA KORMA

Option A: Microwave

- Pierce or peel back film slightly.
- Heat on high for 2–3 minutes.
- Use caution – contents will be hot.

Option B: Stove Top

- Pour contents into a saucepan.
- Add a splash of water.
- Heat over medium heat for 5–6 minutes, stirring occasionally.
- Use caution – contents will be hot.



### STEP THREE

#### PREPARE THE CHUTNEY & RAITA DUO PACK

No heating required – ready to serve

- Sweet Chilli Pear Chutney:  
sweet, tangy, with a gentle heat
- Pomegranate Raita:  
cooling and aromatic with hints of spice
- These pair beautifully with the richness of the korma



### STEP FOUR

#### LAYER & SERVE

In each bowl, layer: the white rice, a generous scoop of Pumpkin Chickpea Korma, top with a spoonful of Sweet Chilli Pear Chutney for brightness, add a dollop of Pomegranate Raita for balance and coolness. Enjoy!



### STEP FIVE

#### SHARE YOUR LOVE OF OUR MEAL KITS!

We want to hear from you! Snap a pic of your Meal Kit experience, upload to socials and tag us!

@wearegardenofgoodness



*a New way to  
enjoy Gourmet!*