



# Creamy Indian Chickpea & Spinach Curry

with Almond Rice, Tamarind Chutney & Garlic Flatbreads

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your meal kit with this number

41



Basmati Rice



Tomato



Chickpeas



Garlic Paste



Tomato Paste



Mild Curry Paste



Mumbai Spice Blend



Light Cooking Cream



Baby Spinach Leaves



Flatbread



Flaked Almonds



Greek-Style Yoghurt



Tamarind Chutney



Chicken Breast



Haloumi

Prep in: 20-30 mins  
Ready in: 30-40 mins

This golden bowl of goodness has everything you need to feel cosy and satisfied, with chickpeas and veggies cooked in a creamy, mildly spiced sauce plus a cooling mint yoghurt to finish it off.

### Pantry items

Olive Oil, Butter, Brown Sugar



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium saucepan with a lid · Large saucepan · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	40g	80g
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
tomato	1	2
chickpeas	1 packet	2 packets
garlic paste	1 packet	2 packets
tomato paste	1 medium packet	1 large packet
mild curry paste	1 medium packet	2 medium packets
Mumbai spice blend	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
<b>water*</b> (for the curry)	⅓ cup	⅔ cup
<b>brown sugar*</b>	½ tsp	1 tsp
baby spinach leaves	1 medium packet	1 large packet
flatbread	4	8
flaked almonds	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
tamarind chutney	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5199kJ (1242Cal)	790kJ (188Cal)
Protein (g)	34.2g	5.2g
Fat, total (g)	47.9g	7.3g
- saturated (g)	21.8g	3.3g
Carbohydrate (g)	158.5g	24.1g
- sugars (g)	29.5g	4.5g
Sodium (mg)	2624mg	399mg
Dietary Fibre (g)	28.5g	4.3g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Cook the rice

- In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Finish the curry

- Reduce heat to medium, then stir in **light cooking cream**, the **water (for the curry)** and **brown sugar** and cook until combined and slightly reduced, **2-3 minutes**.
- Add **baby spinach leaves** and cook, stirring, until slightly wilted, **1 minute**.



## Get prepped

- When the rice has **10 minutes** remaining, roughly chop **tomato**.
- Drain **chickpeas**.
- In a small heatproof bowl, combine half the **garlic paste** and a drizzle of **olive oil**.
- Microwave in **10 second** bursts, until fragrant. Season with **salt** and **pepper**.



## Make the garlic flatbreads

- Meanwhile, preheat grill to high. Brush **garlic oil** over one side of the **flatbreads**.
- Place **flatbreads** on a lined oven tray and bake until golden, **3-5 minutes**.

**TIP:** Spread flatbreads across two trays if it is getting crowded!



## Start the curry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **tomato** and **chickpeas** and cook, until softened, **2-3 minutes**.
- Add **tomato paste (see ingredients)**, **mild curry paste**, **Mumbai spice blend** and the remaining **garlic paste** and **butter** and cook stirring, until softened and fragrant, **1-2 minutes**.



## Serve up

- Add **flaked almonds** to the **rice**, stir to combine.
- Divide almond rice between bowls.
- Spoon over creamy Indian chickpea and spinach curry.
- Top with **Greek-style yoghurt** and **tamarind chutney**. Serve with garlic flatbreads. Enjoy!

### CUSTOM OPTIONS



#### ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Set aside and stir through curry before serving.



#### ADD HALOUMI

Cut into bite-sized chunks. Cook until browned, 3-4 minutes. Set aside and stir through curry before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

