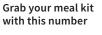


Creamy Indian Chickpea & Spinach Curry with Almond Rice, Tamarind Chutney & Garlic Flatbreads

TAKEAWAY FAVES

CLIMATE SUPERSTAR















Chickpeas



Garlic Paste





Tomato Paste



Mumbai Spice



Blend



Baby Spinach





Flaked Almonds





Greek-Style Yoghurt

Flatbread



Tamarind Chutney



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 \cdot Large saucepan \cdot Large frying pan \cdot Oven tray lined with baking paper

Ingredients

| 9 | | |
|---------------------------|-----------------|------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| butter* | 40g | 80g |
| basmati rice | 1 medium packet | 1 large packet |
| water* (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 |
| water* (for the curry) | ⅓ cup | ⅔ cup |
| brown sugar* | 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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.



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.



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.



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!



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!



ADD CHICKEN BREAST

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

ADD HALOUM

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.

