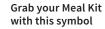


Creamy Chickpea, Tomato & Spinach Curry with Buttered-Cashew Rice, Garlic Naan & Yoghurt

TAKEAWAY FAVES













Chickpeas

Tomato Paste





Mumbai Spice

Baby Spinach



Naan Bread

Roasted Cashews





Tamarind Chutney

Garlic Paste



Mild Curry

Thickened Cream



Yoghurt

Prep in: 20-30 mins Ready in: 30-40 mins Eat Me Early*

*Custom Recipe only

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start Remember to wash your hands for 20 seconds.

You'll also need to give your veggies a wash.

You will need

Medium saucepan with a lid \cdot Large frying pan

Ingredients

| ingi edients | | | | |
|--|-----------------|------------------|--|--|
| | 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 tin | 2 tins | | |
| garlic paste | 1 packet | 2 packets | | |
| tomato paste | 1 packet | 1 packet | | |
| mild curry paste | 1 medium packet | 1 large packet | | |
| Mumbai spice blend | 1 medium sachet | 1 large sachet | | |
| thickened cream | 1 medium packet | 2 medium packets | | |
| water* (for the curry) | 1/4 cup | ½ cup | | |
| brown sugar* | ½ tsp | 1 tsp | | |
| baby spinach leaves | 1 medium bag | 1 large bag | | |
| naan bread | 2 | 4 | | |
| roasted cashews | 1 medium packet | 1 large packet | | |
| Greek-style yoghurt | 1 medium packet | 1 large packet | | |
| tamarind chutney | 1 medium packet | 2 medium packets | | |
| chicken breast** | 1 medium packet | 1 large packet | | |
| * Dantas Itama ** Custom Dasina Ingradient | | | | |

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4570kJ (1092Cal) | 693kJ (165Cal) |
| Protein (g) | 35.5g | 5.4g |
| Fat, total (g) | 51.4g | 7.8g |
| - saturated (g) | 22.8g | 3.5g |
| Carbohydrate (g) | 163g | 24.7g |
| - sugars (g) | 29g | 4.4g |
| Sodium (mg) | 2790mg | 423mg |
| | | |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 5330kJ (1273Cal) | 646kJ (154Cal) |
| Protein (g) | 68.7g | 8.3g |
| Fat, total (g) | 56.6g | 6.9g |
| - saturated (g) | 24.4g | 3g |
| Carbohydrate (g) | 163g | 19.8g |
| - sugars (g) | 29g | 3.5g |
| Sodium (mg) | 2879mg | 349mg |

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 1/2 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 1/2 the garlic paste and a drizzle of olive oil.
- Microwave, in 10 second bursts, until fragrant.
 Season with salt and pepper.

Custom Recipe: If you've add chicken breast, cut chicken into 2cm chunks.



Start the curru

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add tomato, chickpeas, tomato paste (see ingredients), mild curry paste, Mumbai spice blend and the remaining garlic paste and butter and cook stirring, until softened and fragrant, 3-4 minutes.

Custom Recipe: Before adding chickpeas, add chicken and cook, stirring, until browned and cooked through (no longer pink inside), 5-6 minutes.



Finish the curry

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



Make the garlic naan

- Meanwhile, preheat grill to high. Brush garlic oil over one side of the naan bread.
- Place **naan** directly on an oven wire rack and bake until golden, **3-5 minutes**.



Serve up

Rate your recipe

- To the rice, add roasted cashew nuts, stirring to combine.
- Divide buttered-cashew rice between bowls.
- Spoon over creamy chickpea, tomato and spinach curry.
- Top with Greek-style yoghurt and tamarind chutney. Serve with garlic naan. Enjoy!

