



Creamy Chickpea, Tomato & Spinach Curry

with Buttered-Cashew Rice, Garlic Naan & Yoghurt

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Basmati Rice



Tomato



Chickpeas



Tomato Paste



Mumbai Spice Blend



Baby Spinach Leaves



Naan Bread



Roasted Cashews



Tamarind Chutney



Garlic Paste



Mild Curry Paste



Thickened Cream



Greek-Style Yoghurt



Chicken Breast

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 · Large frying pan

Ingredients

	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)	¼ 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

*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.

We're here to help!



1 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!



4 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.



2 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.



5 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**.



3 Start the curry

- 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.



6 Serve up

- 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!

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