



CREAMY CHICKPEA & SPINACH CURRY

with Basmati Rice & Mint Yoghurt



Make an Indian veggie curry



Basmati Rice



Courgette



Green Beans



Ginger



Garlic



Chickpeas



Tandoori Paste



Tomato Paste



Chilli Flakes (Optional)



Pure Cream



Mint



Greek Yoghurt



Baby Spinach Leaves

Hands-on: **25 mins**
Ready in: **30 mins**
Spicy (optional chilli flakes)

When the days are cold and the nights are long it's curry's time to shine! 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 Staples: Olive Oil, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** with a **lid** • **large frying pan**



1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the 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!*



2 GET PREPPED

While the rice is cooking, thinly slice the **courgette** into half-moons. Trim the **green beans** and cut into 2cm pieces. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas**.



3 START THE CURRY

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**. Add the **tandoori paste** and **tomato paste (see ingredients list)** and cook, stirring, until fragrant, **1 minute**. Add the **courgette**, **chickpeas**, **water (for the curry)** and a **pinch of chilli flakes** (if using) and stir to combine. Simmer until the courgette has softened, **3-4 minutes**.



4 FINISH THE CURRY

Add the **pure cream (see ingredients list)**, **green beans**, **brown sugar** and the **salt** to the frying pan. Simmer until the veggies are tender, **5-6 minutes**. While the curry is simmering, pick and finely chop the **mint** leaves. In a small bowl, combine the chopped mint with the **Greek yoghurt** and a **pinch of salt** and **pepper**.



5 ADD THE BABY SPINACH

Add the **baby spinach leaves** to the curry and stir until wilted, **2 minutes**. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the basmati rice between bowls and top with the creamy chickpea and spinach curry. Top with the mint yoghurt and sprinkle with a pinch of chilli flakes (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
courgette	1	2
green beans	1 bag (100 g)	1 bag (200 g)
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
chickpeas	1 tin	2 tins
tandoori paste	1 tub (50 g)	2 tubs (100 g)
tomato paste	½ tin	1½ tins
water* (for the curry)	1 cup	2 cups
chilli flakes (optional)	pinch	pinch
pure cream	½ bottle (150 ml)	1 bottle (300 ml)
brown sugar*	2 tsp	4 tsp
salt*	½ tsp	1 tsp
mint	1 bunch	1 bunch
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
baby spinach leaves	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3500kJ (837Cal)	634kJ (151Cal)
Protein (g)	17.7g	3.2g
Fat, total (g)	42.9g	7.8g
- saturated (g)	19.6g	3.6g
Carbohydrate (g)	88.0g	15.9g
- sugars (g)	12.0g	2.2g
Sodium (g)	1240mg	224mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

2019 | WK29

