



BUTTERNUT & CHICKPEA CURRY

with Spinach and Brown Rice



BALANCED RECIPE



HELLO BUTTERNUT SQUASH

Butternut squash is a good source of vitamin A, especially beta carotene, which gives the butternut squash its rich orange colour. Vitamin A contributes to the maintenance of normal vision.



Diced Butternut Squash



Ground Cumin



Brown Basmati Rice



Vegetable Stock Powder



Onion



Ginger



Garlic Clove



Coriander



Green Chilli



Chickpeas



Ground Turmeric



North Indian Style Curry Powder



Light Coconut Milk



Nigella Seeds



Baby Spinach

35 mins

2 of your 5 a day

Medium heat

Balanced

Under 550 calories

Low in sat fat

Our butternut and chickpea curry is a dish full of colour and flavour, plus it's packed with goodness. The sauce is made from coconut milk for a silky, creamy texture and flavoured with ginger, garlic and North Indian style curry powder. Turmeric gives this dish the wonderful and warming vivid orange colour while chilli lends a welcome kick of heat. Roasting butternut like in this recipe brings out its sweet flavour which pairs great with the spicier elements of this dish. Serve with brown rice in bowls.

MEAL BAG

8

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, **Large Saucepan** (with a **Lid**), **Sieve**, **Fine Grater** (or **Garlic Press**), **Large Frying Pan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 ROAST THE SQUASH

Preheat your oven to 200°C. Pop the **diced squash** onto a baking tray and sprinkle over **half** of the **ground cumin**, add a drizzle of **oil** and season with **salt** and **pepper**. Toss to coat the **squash** well, then arrange in a single layer. Pop on the top shelf of the oven and cook for 25-30 mins, until tender and golden, 25-30 mins. Turn halfway through cooking.



2 COOK THE RICE

Bring a large saucepan of **water** to the boil with a pinch of **salt**, for the **rice**. When boiling, stir in the **brown rice** and **half** the **stock powder**. Bring to the boil again and cook for 25 mins. **★ TIP: Add more water if it starts to evaporate too much.** When cooked, drain the **rice** thoroughly in a sieve and return to the saucepan, off the heat. Cover with a lid to keep warm.



3 PREP THE VEGGIES

While the rice cooks, halve, peel and chop the **onion** into small pieces. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop. Drain and rinse the **chickpeas** in a sieve.



4 START THE CURRY

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **onion**, cook until soft, stirring occasionally, 3-4 mins. Stir in the **ginger**, **garlic**, **ground turmeric**, **North Indian style curry powder**, remaining **cumin** and as much **chilli** as you dare. Cook for 1 minute. Stir in the **chickpeas** to coat in the **mixture**, then add the **coconut milk**, **water** (see ingredients for amount) and remaining **stock powder** to the pan.



5 COOK SIMMER THE CURRY

Bring the **curry** to the boil then reduce the heat and cover with a lid. Simmer until thick and creamy, stirring occasionally, 8-12 mins. When cooked, stir in the **spinach** one handful at a time and gently stir until wilted.



6 FINISH AND SERVE

Once everything is ready, stir the **roasted squash** and **half** the **coriander** through the **curry** and season to taste with **salt** and **pepper** if needed. Stir the **nigella seeds** through the **rice**. Serve the **rice** and **curry** in bowls. Sprinkle over the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|---------------------------------------|-------------|-------------|--------------|
| Diced Butternut Squash * | 1 small bag | 1 large bag | 2 small bags |
| Ground Cumin | 1 small pot | ¾ large pot | 1 large pot |
| Brown Basmati Rice | 150g | 225g | 300g |
| Vegetable Stock Powder ¹⁰⁾ | 1 sachet | 1½ sachets | 2 sachets |
| Onion * | 1 | 2 | 2 |
| Ginger * | ½ piece | ¾ piece | 1 piece |
| Garlic Clove * | 1 | 2 | 2 |
| Coriander * | 1 bunch | 1 bunch | 1 bunch |
| Green Chilli * | ½ | ½ | 1 |
| Chickpeas | ½ carton | ¾ carton | 1 carton |
| Ground Turmeric | 1 pot | 1½ pots | 2 pots |
| North Indian Style Curry Powder | 1 small pot | ¾ large pot | 1 large pot |
| Light Coconut Milk | ½ tin | ¾ tin | 1 tin |
| Water* | 150ml | 225ml | 300ml |
| Baby Spinach | 1 small bag | ¾ large bag | 1 large bag |
| Nigella Seeds | ½ pot | ¾ pot | 1 pot |

*Not Included * Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING: 547G | PER 100G |
|-----------------------------------|-------------------|----------|
| Energy (kJ/kcal) | 2155 / 515 | 394 / 94 |
| Fat (g) | 12 | 2 |
| Sat. Fat (g) | 6 | 1 |
| Carbohydrate (g) | 84 | 15 |
| Sugars (g) | 15 | 3 |
| Protein (g) | 16 | 3 |
| Salt (g) | 1.26 | 0.23 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

¹⁰⁾ Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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