



# Chicken and Chickpea Curry

## with Buttery Rice

Quick 25 Minutes



Chicken Tenders



Chicken Thighs



Basmati Rice



Chickpeas



Ginger



Mild Curry Paste



Cream



Garlic Puree



Baby Spinach

**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO CHICKPEAS  
*These legumes are also known as garbanzo beans!*

## Start here

- Before starting, add 1 ¼ cups water (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

## Bust out

Colander, measuring spoons, medium pot, measuring cups, large pot, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	310 g	620 g
Chicken Thighs ♦	280 g	560 g
Basmati Rice	¾ cup	1 ½ cups
Chickpeas	398 ml	796 ml
Ginger	15 g	30 g
Mild Curry Paste	4 tbsp	8 tbsp
Cream	56 ml	113 ml
Garlic Puree	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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### Cook rice

- Add **rice**, **garlic puree**, **1 tbsp butter** and **¼ tsp salt** (dbl both for 4 ppl) to the **boiling water**. Stir to combine.
- Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



### Cook curry

- Reduce heat to medium, then add **curry paste** and **ginger** to the pot with **chicken**. Cook, stirring often, until fragrant, 30 sec.
- Add **chickpeas**, **cream** and **1 cup water** (1 ½ cups for 4 ppl). Bring to a simmer.
- Once simmering, reduce heat to medium-low. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 5-8 min.\*\*
- Add **spinach**. Season with **salt** and **pepper**, then stir until **spinach** wilts, 1-2 min.



### Cook chicken

- Heat a large pot over medium-high heat.
- While the pot heats, pat **chicken** dry with paper towels. Cut into 1-inch pieces. Season with **salt** and **pepper**.
- When the pot is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. (**NOTE**: Chicken will finish cooking in step 4.)

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.



### Finish and serve

- Divide **rice** between plates.
- Top with **chicken and chickpea curry**.

## Dinner Solved!