



South East Asian Inspired Chickpea Curry with Garlicky Spinach

Classic 30 Minutes • Very Hot • 2 of your 5 a day • Plant Based

23



Echalion Shallot



Sweet Potato



Garlic



Lime



Chickpeas



Basmati Rice



Cashew Nuts



Ginger Purée



Yellow Curry Paste



Vegetable Stock Powder



Coconut Milk



Peanut Butter



Baby Spinach



Ketjap Manis

Before you start

Cooking tools, you will need:

Garlic Press, Sieve, Measuring Jug, Saucepan, Bowl, Wooden Spoon, Frying Pan

Ingredients

	2P	3P	4P
Echalion Shallot	1	1	2
Sweet Potato**	1	2	2
Garlic**	2	3	4
Lime**	½	1	1
Chickpeas	1 carton	1½ cartons	2 cartons
Water for the Rice*	300ml	500ml	600ml
Basmati Rice	150g	225g	300g
Cashew Nuts 2)	25g	40g	40g
Ginger Purée	1	1	2
Yellow Curry Paste	1 sachet	2 sachets	2 sachets
Water for the Curry*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Peanut Butter 1)	1 pack	2 packs	2 packs
Baby Spinach**	100g	150g	200g
Ketjap Manis 11)	1 sachet	1 sachet	2 sachets
13)			

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	840g	100g
Energy (kJ/kcal)	4027 /962	479 /114
Fat (g)	39	5
Sat. Fat (g)	19	2
Carbohydrate (g)	124	15
Sugars (g)	22	3
Protein (g)	25	3
Salt (g)	3.44	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nut 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

Halve, peel and chop the **shallot** into small pieces. Peel the **sweet potato** and chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press). Zest the **lime** and cut it into wedges. Drain and rinse the **chickpeas** in a sieve.



Make the Curry

Stir in the **ginger purée**, **Thai yellow curry paste** and **half the garlic**. Cook for 1 minute more. Stir in the **sweet potato** and **chickpeas**, then pour in the **water** (see ingredients for amount), **stock powder**, **coconut milk** and **peanut butter**. Stir to mix, ensuring the **peanut butter** has combined, 2-3 mins. Bring to the boil, then reduce to a simmer. Pop the lid on and simmer stirring frequently until the **sweet potato** is tender, 15-20 mins.



Cook the Rice

Pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Cook the Spinach

About 6-8 mins before your **curry** is ready, heat a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **spinach** a handful at a time and allow it to wilt slightly, 1-2 mins. Once it begins to wilt, add the **ketjap manis** and the remaining **garlic** and stir-fry until some of the liquid has evaporated, 2-3 mins. Remove from the heat once done.



Toast the Cashews

Heat a large saucepan on a medium-high heat (no **oil**), add the **cashews** and cook, stirring regularly, until lightly toasted, 2-3mins. **TIP:** Watch them like a hawk as they can burn easily. Remove from the pan and pop into a small bowl for later. Wipe the pan with kitchen paper and return to medium heat with a drizzle of **oil**. Add the **shallot** to the saucepan and stir-fry until softened, 3-4 mins.



Plate Up

Stir the **lime zest** through the **rice** and share between bowls. Add a squeeze of **lime juice** to the curry, taste and add **salt**, **pepper** and more **lime juice** if you feel it needs it. Spoon the **curry** on one side of the **rice** and the **garlicky spinach** on the other. Sprinkle on the **cashews**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.