



# South East Asian Inspired Chickpea Curry with Garlicky Spinach and Basmati Rice

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

23



Echalion Shallot



Sweet Potato



Garlic



Lime



Chickpeas



Basmati Rice



Cashew Nuts



Ginger Puree



Yellow Curry Paste



Vegetable Stock Powder



Coconut Milk



Peanut Butter



Baby Spinach



Ketjap Manis

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Garlic Press, Sieve, Measuring Jug, Saucepan and 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 carton	2 cartons
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Cashew Nuts <b>2)</b>	25g	40g	40g
Ginger Puree	1	1	2
Yellow Curry Paste	1 sachet	2 sachets	2 sachets
Water for the Curry*	200ml	300ml	400ml
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Peanut Butter <b>1)</b>	1 pack	2 packs	2 packs
Baby Spinach**	100g	150g	200g
Ketjap Manis <b>11)</b> <b>13)</b>	1 sachet	1 sachet	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>590g</b>	<b>100g</b>
Energy (kJ/kcal)	3992/954	676/162
Fat (g)	38	6
Sat. Fat (g)	19	3
Carbohydrate (g)	123	21
Sugars (g)	21	4
Protein (g)	25	4
Salt (g)	3.41	0.58

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?

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HelloFresh UK

Packed in the UK

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 You can recycle me!



## Get Prepped

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



## Cook the Rice

Pour the cold **water** for the rice (see ingredients for amount) into a medium saucepan with a tight fitting lid. Stir in the **rice** and ¼ tsp of salt, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



## 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.



## Make the Curry

Stir in the **ginger puree**, **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 well to combine, 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 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 **garlic** and stir-fry until some of the **liquid** has evaporated, 2-3 mins. Remove from the heat once done.



## 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 **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.