



Spicy Black Bean Curry

with Rice and Garlic Naan

Veggie Spicy 30 Minutes



Black Beans



Coconut Milk



Tomato Sauce Base



Mild Curry Paste



Indian Spice Mix



Red Chili Pepper



Yellow Onion



Garlic, cloves



Basmati Rice



Naan Bread



Cilantro



Baby Spinach

HELLO COCONUT MILK
A delicious dairy alternative!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

Baking sheet, colander, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Coconut Milk	400 ml	800 ml
Tomato Sauce Base	2 tbsp	4 tbsp
Mild Curry Paste	2 tbsp	4 tbsp
Indian Spice Mix	1 tbsp	2 tbsp
Red Chili Pepper 🌶️	1	2
Yellow Onion	113 g	226 g
Garlic, cloves	3	6
Basmati Rice	¾ cup	1 ½ cups
Naan Bread	2	4
Cilantro	7 g	14 g
Baby Spinach	56 g	113 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

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Prep

Peel, then cut **onion** into ¼-inch pieces. Peel, then mince or grate **garlic**. Roughly chop **cilantro**. Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chilis!) Drain and rinse **black beans**.



Finish curry

Add **coconut milk**, **black beans** and **1 tsp sugar** (dbl for 4 ppl) to the pan. Season with **salt** and **pepper**, then stir to combine. Bring to a boil over medium-high. Once boiling, reduce heat to medium. Cook, stirring occasionally, until **curry** thickens slightly, 6-8 min.



Cook rice

Add **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then 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.



Make garlic naan

While **curry** cooks, combine **remaining garlic** and **1 tbsp oil** (dbl for 4 ppl) in a small bowl. Arrange **naan** on an unlined baking sheet. Spread **garlic oil** over **naan**, then season with **salt**. Toast in the **middle** of the oven until golden-brown, 2-4 min. (**TIP:** Keep your eye on the naan, so they don't burn!)



Start curry

While **rice** cooks, heat a large non-stick pan over medium heat. When hot, add **2 tbsp oil** (dbl for 4 ppl), then **onions**. Season with **1 tsp salt** (dbl for 4 ppl). Cook, stirring often, until **onions** soften, 4-5 min. Add **Indian Spice Mix** and **half the garlic**. Cook, stirring often, until fragrant, 1-2 min. Add **tomato sauce base**, **curry paste** and **½ tsp chilis**. (**NOTE:** Reference heat guide.) Cook, stirring often, until **sauce** thickens, 2-3 min.



Finish and serve

Add **spinach** to **curry**. Stir until wilted. Fluff **rice** with a fork. Halve or quarter **naan**. Divide **rice** and **curry** between plates. Sprinkle with **cilantro**. Serve **garlic naan** on the side for dipping.

Dinner Solved!