



South East Asian Inspired Chickpea Curry with Sweet Potato, Spinach and Zesty Basmati Rice

20

Classic 35-40 Minutes • Mild Spice • 3 of your 5 a day



Sweet Potato



Garlic Clove



Lime



Chickpeas



Yellow Thai Style Paste



Thai Style Spice Blend



Vegetable Stock Paste



Coconut Milk



Peanut Butter



Basmati Rice



Baby Spinach



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, fine grater, sieve, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Garlic Clove**	2	3	4
Lime**	½	1	1
Chickpeas	1 carton	1½ cartons	2 cartons
Yellow Thai Style Paste	45g	90g	90g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10	10g	15g	20g
Coconut Milk	200ml	300ml	400ml
Peanut Butter 1	30g	60g	60g
Basmati Rice	150g	225g	300g
Baby Spinach**	40g	100g	150g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Curry*	125ml	190ml	250ml
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	503g	100g	633g	100g
Energy (kJ/kcal)	3707 / 886	737 / 176	4354 / 1041	688 / 164
Fat (g)	37.9	7.5	40.2	6.4
Sat. Fat (g)	21.9	4.3	22.5	3.6
Carbohydrate (g)	112.5	22.3	112.6	17.8
Sugars (g)	12.3	2.5	12.5	2.0
Protein (g)	24.9	4.9	56.4	8.9
Salt (g)	2.76	0.55	2.96	0.47

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **3)** Sesame **10)** Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Peel and chop the **sweet potato** into 1cm chunks.
Peel and grate the **garlic** (or use a garlic press).

Zest and cut the **lime** into wedges (see ingredients for amount). Drain and rinse the **chickpeas** into a sieve.



Fry the Spices

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **yellow Thai style paste**, **Thai style spice mix** and **garlic**. Stir and cook until fragrant, 1-2 mins.



Simmer and Stir

Add the **sweet potato** and **chickpeas** to the pan, then stir in the **veg stock paste**, **coconut milk**, **peanut butter** and **water for the curry** (see pantry for amount).

Stir the **sauce** thoroughly to combine, 2-3 mins. Bring to the boil, then reduce to a simmer.

Cover with a lid and simmer, stirring occasionally, until the **sweet potato** is tender, 15-20 mins. Add a splash of **water** if you feel it needs it.

CUSTOM RECIPE

If you've chosen to add **diced chicken** to your meal, add it to the pan with the **sweet potato** and other ingredients, then bring to the boil and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Add the Spinach

Once the **sweet potato** is cooked, remove the lid from the **curry** and add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Add a good squeeze of **lime juice** from a **lime wedge** to the **curry**, then season with **salt** and **pepper**.

Taste and add more **salt**, **pepper** and **lime juice** if needed.



Finish and Serve

When everything's ready, fluff up the **rice** with a fork and stir through the **lime zest**.

Share the **zesty rice** between your bowls and spoon over the **chickpea curry**.

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!