

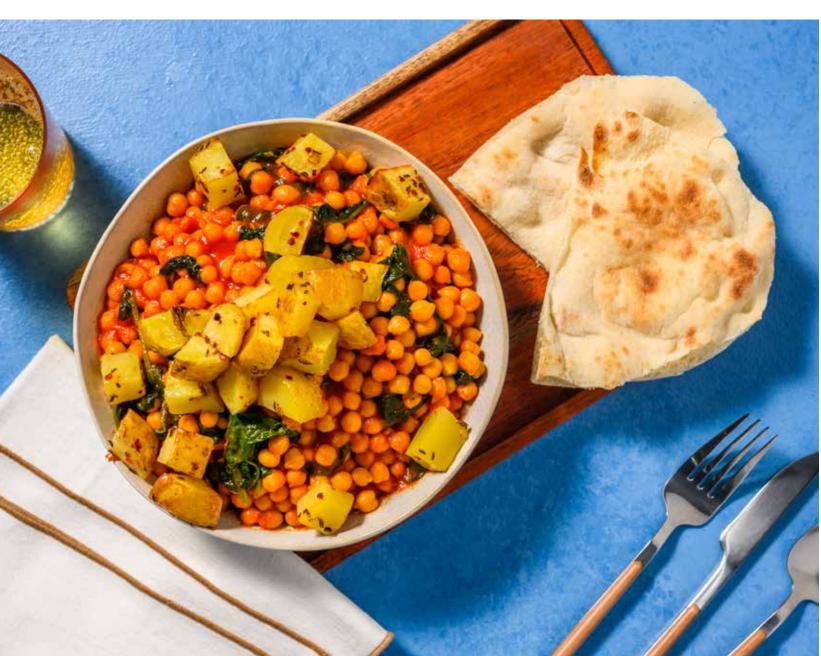
Saag Chana Masala Curry

with Gunpowder Potatoes and Naan Bread



35-40 Minutes · Medium Spice · 3 of your 5 a day · Veggie











Potatoes





Chilli Flakes





Chickpeas



Curry Powder





Vegetable Stock



Plain Naans





Garlic Clove



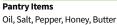
Korma Curry



Finely Chopped Tomatoes



Baby Spinach



Before you start

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

Cooking tools

Baking tray, garlic press, sieve and saucepan.

Ingredients

Ingredients	2P	3P	4P	
Potatoes	450g	700g	900g	
White Cumin Seeds	1 sachet	1 sachet	2 sachets	
Chilli Flakes	1 pinch	1 pinch	2 pinches	
Garlic Clove**	2	3	4	
Chickpeas	1 carton	1½ cartons	2 cartons	
Korma Curry Paste 9)	50g	75g	100g	
Curry Powder Mix	1 sachet	1 sachet	2 sachets	
Finely Chopped Tomatoes	½ carton	¾ cartons	1 cartons	
Vegetable Stock Paste 10)	10g	15g	20g	
Baby Spinach**	100g	150g	200g	
Plain Naans 7) 13)	2	3	4	
Pantry	2P	3P	4P	
Honey*	1 tbsp	1½ tbsp	2 tbsp	
Water for the Curry*	100ml	150ml	200ml	
Butter*	30g	45g	60g	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	730g	100g
Energy (kJ/kcal)	4056 /969	555/133
Fat (g)	31.9	4.4
Sat. Fat (g)	10.2	1.4
Carbohydrate (g)	138.7	19.0
Sugars (g)	18.3	2.5
Protein (g)	28.5	3.9
Salt (g)	4.79	0.66

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

Allergens

7) Milk 9) Mustard 10) Celery 13) Cereals containing gluten

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.

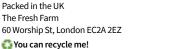
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Gunpowder Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to

peel) and pop onto a large baking tray.

Drizzle with oil, season with salt and pepper, then sprinkle over the **cumin seeds** and **chilli flakes** (add less **chilli** if you'd prefer things milder). Toss to coat, then spread out in a single layer. TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Prep Time

Meanwhile, peel and grate the garlic (or use a garlic press).

Drain and rinse the **chickpeas** in a sieve.



Curry Up

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

Once hot, add the garlic, korma curry paste and curry powder mix. Stir-fry for 30 secs.

Stir in the **chopped tomatoes** (see ingredients for amount), vegetable stock paste, honey and water for the curry (see pantry for both amounts).

TIP: Keep the other half of the chopped tomatoes for another recipe.



Add the Chickpeas and Veg

Stir the chickpeas into the curry and bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.

Once the curry has thickened, add the spinach to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Stir in **half** the **butter** (see pantry for amount), then season with salt and pepper. Remove from the heat - you'll reheat it once the potatoes are ready.



Warm the Naans

A few mins before everything's ready, put the naans onto another baking tray. Sprinkle with a little water and pop them into the oven to warm through, 2-3 mins.

Once the **naans** are ready, spread them with the remaining butter, then cut into halves.



Finish and Serve

Reheat the saag chana masala curry, then serve in bowls with the **gunpowder potatoes** on top.

Serve the **buttery naans** on the side for dipping and scooping.

Enjoy!