



# Chickpea Korma and Basmati Rice

with Peas and Sesame Seeds

**Quick** 20 Minutes • Mild Spice • 2 of your 5 a day

18



Basmati Rice



Garlic Clove



Curry Powder Mix



Korma Curry Paste



Chickpeas



Creme Fraiche



Vegetable Stock Paste



Mango Chutney



Peas



Baby Spinach



Roasted White Sesame Seeds



King Prawns

#### 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. Ingredients in red are hot!

## Cooking tools

Kettle, saucepan, sieve, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Korma Curry Paste <b>9</b>	50g	75g	100g
Chickpeas	1 carton	1½ cartons	2 cartons
Creme Fraiche** <b>7</b>	150g	225g	300g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Mango Chutney	40g	60g	80g
Peas**	120g	180g	240g
Baby Spinach**	40g	100g	100g
Roasted White Sesame Seeds <b>3</b>	5g	7g	10g
King Prawns** <b>5</b>	150g	225g	300g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Curry*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>455g</b>	<b>100g</b>	<b>530g</b>	<b>100g</b>
Energy (kJ/kcal)	3403 / 813	748 / 179	3569 / 853	673 / 161
Fat (g)	35.5	7.8	35.9	6.8
Sat. Fat (g)	16.6	3.6	16.8	3.2
Carbohydrate (g)	104.3	22.9	104.3	19.7
Sugars (g)	20.3	4.5	20.3	3.8
Protein (g)	21.4	4.7	30.3	5.7
Salt (g)	3.45	0.76	4.46	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3**) Sesame **5**) Crustaceans **7**) Milk **9**) Mustard **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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Get Started

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Build the Flavour

- Stir the **chickpeas**, **creme fraiche**, **veg stock paste** and the **water for the curry** (see pantry for amount) into the pan.
- Bring to a boil, then reduce the heat and simmer until slightly thickened, 5-6 mins.



## Fry the Spices

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Add the **garlic**, **curry powder mix** and **korma curry paste** to the pan and fry until fragrant, 1 min.

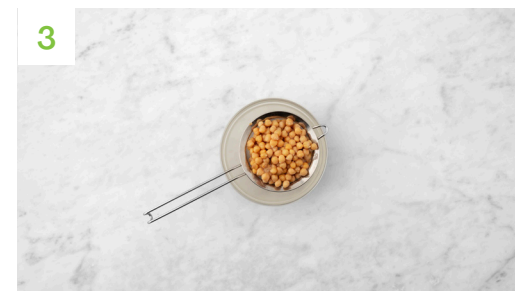
## CUSTOM RECIPE

If you're adding **prawns**, drain them, then add to the pan before the **spices**. Fry, 2-3 mins, the **prawns** will cook through while simmering. **IMPORTANT:** *Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.*



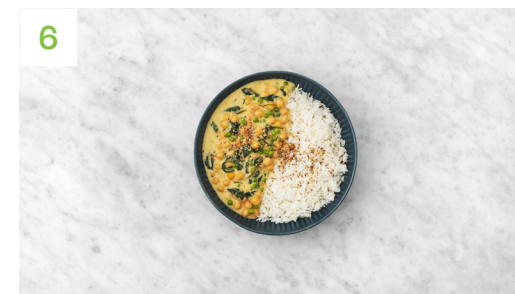
## Add the Veg and Chutney

- When the **curry** has thickened, stir in the **mango chutney** and **peas**.
- Add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.
- Season with **salt** and **pepper**.



## Bring on the Chickpeas

- Meanwhile, drain and rinse the **chickpeas** in a sieve.



## Serve

- Share the **rice** between your serving bowls.
- Spoon over the **chickpea korma**.
- Sprinkle over the **sesame seeds** to finish.

## Enjoy!