



Super Quick Chickpea and Mango Chutney Curry with Basmati Rice and Toasted Flaked Almonds

Super Quick 10-15 Minutes • **Mild Spice** • 1 of your 5 a day • Veggie

18



Basmati Rice



Curry Powder Mix



Korma Curry Paste



Chickpeas



Creme Fraiche



Vegetable Stock Paste



Mango Chutney



Baby Spinach



Toasted Flaked Almonds

Pantry Items

Oil, Salt, Pepper, Butter

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 and saucepan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|-----------|------------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| Curry Powder Mix | 1 sachet | 1 sachet | 2 sachets |
| Korma Curry Paste 9) | 50g | 75g | 100g |
| Chickpeas | 1 carton | 1½ cartons | 2 cartons |
| Creme Fraiche** 7) | 75g | 150g | 150g |
| Vegetable Stock Paste | 10g | 15g | 20g |
| Mango Chutney | 40g | 60g | 80g |
| Baby Spinach* | 100g | 150g | 200g |
| Toasted Flaked Almonds 2) | 15g | 25g | 30g |
| Pantry | 2P | 3P | 4P |
| Butter* | 20g | 30g | 40g |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 348g | 100g |
| Energy (kJ/kcal) | 3166 /757 | 911 /218 |
| Fat (g) | 34.0 | 9.8 |
| Sat. Fat (g) | 14.4 | 4.1 |
| Carbohydrate (g) | 95.0 | 27.3 |
| Sugars (g) | 15.8 | 4.6 |
| Protein (g) | 18.8 | 5.4 |
| Salt (g) | 3.62 | 1.04 |

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

Allergens

2) Nuts **7)** Milk **9)** Mustard

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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Boil Rice

- Boil a half-full kettle.
- Pour it into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.



Get Simmering

- Meanwhile, heat a drizzle of **oil** in a saucepan. When hot, add the **curry powder** and **korma curry paste**. Fry, 30 secs.
- Stir in the **chickpeas** and their **liquid**, **creme fraiche**, **veg stock paste** and **mango chutney**. Bring to the boil.
- Simmer, 5-6 mins.



Spinach Time

- Add the **spinach** to the **curry** in handfuls, making sure it's piping hot, 1-2 mins.
- Stir in the **butter** (see pantry).
- Season with **salt** and **pepper**.
- Once the **rice** is cooked, drain, pop back in the pan and cover.



Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **curried chickpeas**.
- Sprinkle over the **flaked almonds**.

Enjoy!