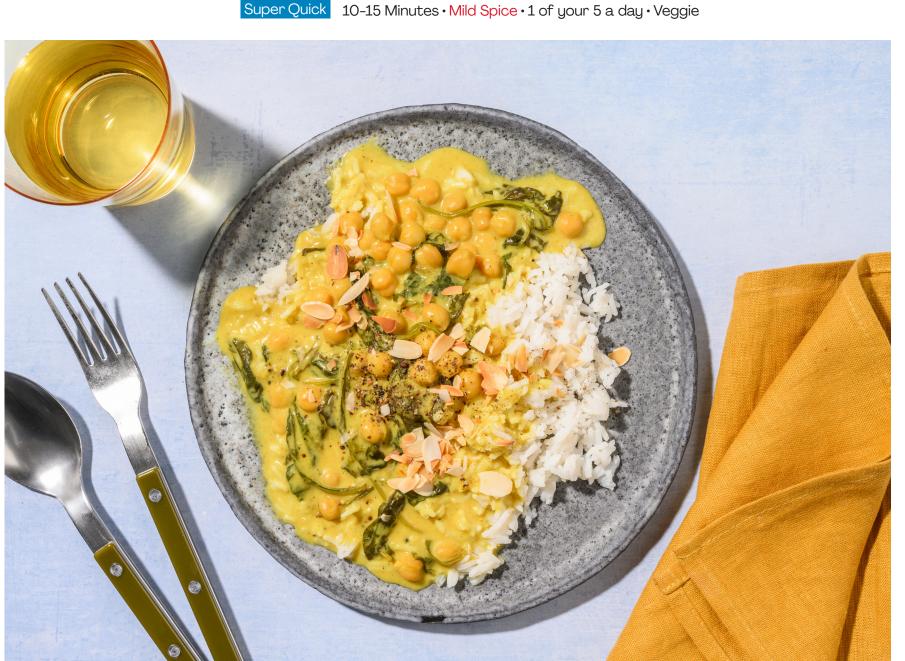


Super Quick Chickpea and Mango Chutney Curry

with Basmati Rice and Toasted Flaked Almonds











Korma Curry Paste



Curry Powder Mix









Vegetable Stock Paste

Creme Fraiche





Baby Spinach

Mango Chutney



Toasted Flaked Almonds



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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60 Worship St, London EC2A 2EZ

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Boil Rice

- Boil a half-full kettle.
- Pour it into a saucepan with 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!