

# Saag Chana Masala

with Gunpowder Potatoes and Naan

**Classic** 35-40 Minutes • **Medium Spice** • 2 of your 5 a day • Veggie



Potatoes



White Cumin Seeds



Chilli Flakes



Garlic Clove



Chickpeas



Korma Curry Paste



Curry Powder Mix



Tomato Passata



Vegetable Stock Paste



Baby Spinach



Plain Naans



'Saag' is Hindi for spinach, whilst 'chana' means chickpeas. Simmered with warming spices and served with punchy gunpowder potatoes, you can mop it all up with naan breads.

**Pantry Items**

Oil, Salt, Pepper, Honey, 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

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 <b>9)</b>	50g	75g	100g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Plain Naans <b>7) 13)</b>	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	738g 4061/971	100g 550/132
Fat (g)	32.0	4.3
Sat. Fat (g)	10.2	1.4
Carbohydrate (g)	140.8	19.1
Sugars (g)	19.0	2.6
Protein (g)	28.0	3.8
Salt (g)	4.83	0.65

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

## Allergens

**7)** Milk **9)** Mustard **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, 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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## 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 flakes** 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.

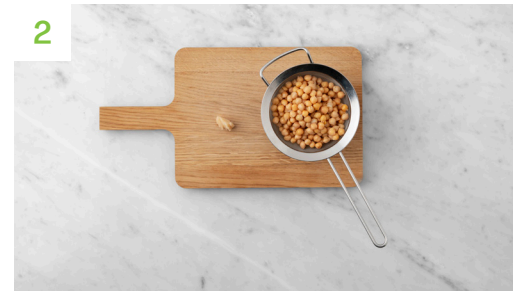


## Simmer and Stir

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.



## Prep Time

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

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



## 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.



## 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 **passata**, **vegetable stock paste**, **honey** and **water for the curry** (see pantry for both amounts).



## 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!