

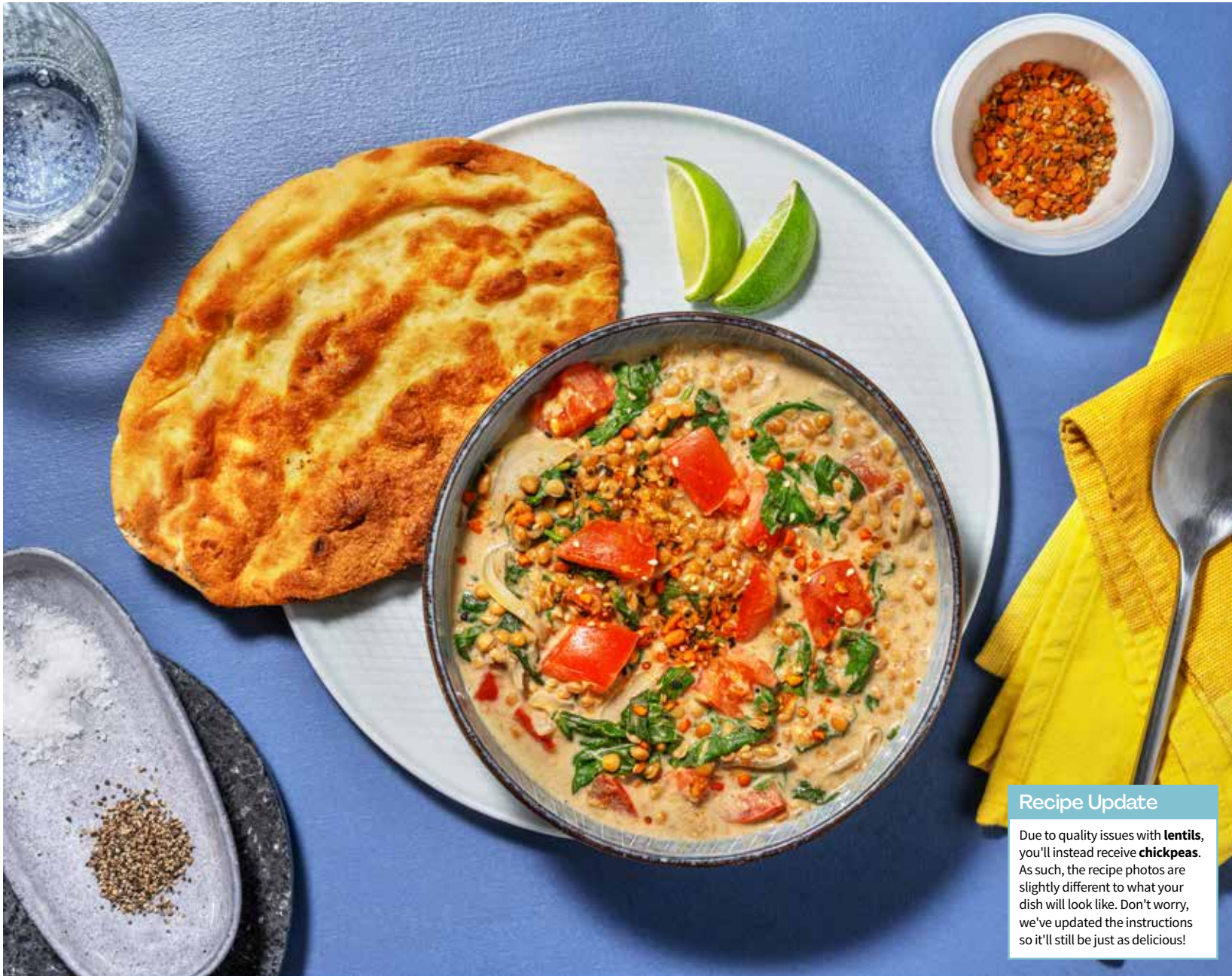


# Coconut and Chickpea Curry

with Baby Spinach, Dukkah and Buttery Naans

Classic 30-35 Minutes • Mild Spice • 3 of your 5 a day • Veggie

41



-  Onion
-  Garlic Clove
-  Medium Tomato
-  Chickpeas
-  Lime
-  Pasanda Style Seasoning
-  Coconut Milk
-  Vegetable Stock Paste
-  Baby Spinach
-  Plain Naan Breads
-  Dukkah Mix

### Recipe Update

Due to quality issues with **lentils**, you'll instead receive **chickpeas**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### 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.

## Cooking tools

Garlic press, sieve, saucepan and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Medium Tomato	1	2	2
Chickpeas	1 carton	2 cartons	2 cartons
Lime**	½	¾	1
Pasanda Style Seasoning	2 sachets	2 sachets	2 sachets
Coconut Milk	400ml	600ml	800ml
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Baby Spinach**	100g	150g	200g
Plain Naan Breads <b>7) 13)</b>	2	3	4
Dukkah Mix <b>1) 2) 3) 10)</b>	1 sachet	1 sachet	1 sachet
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	50ml	75ml	100ml
Butter*	10g	15g	20g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4366 /1044	663 /159
Fat (g)	56.8	8.6
Sat. Fat (g)	38.2	5.8
Carbohydrate (g)	101.8	15.5
Sugars (g)	17.4	2.7
Protein (g)	26.6	4.0
Salt (g)	2.69	0.41

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

## Allergens

**1)** Peanut **2)** Nuts **3)** Sesame **7)** Milk **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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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Cut the **tomato** into 2cm pieces. Drain and rinse the **chickpeas** in a sieve.

Halve the **lime**.



## Warm the Naans

Once the **veg** has been added to the **curry**, put the **naans** onto a baking tray.

Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.

Once warmed, remove them from the oven and generously spread over the **butter** (see pantry for amount).



## Build the Flavour

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

Once hot, add the **onion** and cook, stirring frequently, until softened, 5-6 mins.

Add the **pasanda style seasoning** and **garlic**, then stir and cook for 1 min more.

Stir in the **coconut milk**, **water for the sauce** (see pantry for amount), **chickpeas** and **veg stock paste** until combined.



## Season to Taste

Once the **chickpeas** are cooked and the **curry** has thickened slightly, remove from the heat.

Add a splash of **water** if it's a little too thick, then squeeze in some **lime juice**. Season to taste with **salt**, **pepper** and more **lime juice** if needed.



## Simmer your Curry

Bring the **curry** to the boil, then reduce the heat to low and simmer until slightly thickened, 15-20 mins.

When about 5 mins remain, stir through the **tomato** and add the **spinach** a handful at a time until wilted and piping hot.



## Serve

Share the **coconut and chickpea curry** between your bowls and sprinkle over the **dukkah** to finish.

Serve with the **buttery naans** alongside.

## Enjoy!