



Creamy Curried Chickpea Jacky-P with Mango Chutney and Toasted Almonds

Classic 40-45 Minutes • 2 of your 5 a day • Veggie

21



Baking Potato



North Indian Style Spice Mix



Garlic Clove



Green Beans



Chickpeas



Korma Style Paste



Creme Fraiche



Vegetable Stock Paste



Baby Spinach



Mango Chutney



Toasted Flaked Almonds

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, sieve, saucepan, kettle and colander.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	2	3	4
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Green Beans**	150g	200g	300g
Chickpeas	1 carton	1½ cartons	2 cartons
Korma Style Paste 9)	50g	75g	100g
Creme Fraiche** 7)	75g	99g	150g
Vegetable Stock Paste 10)	10g	15g	20g
Baby Spinach**	40g	80g	100g
Mango Chutney	40g	60g	80g
Toasted Flaked Almonds 2)	15g	25g	25g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	613g	100g
Energy (kJ/kcal)	2814 /673	459 /110
Fat (g)	26.1	4.3
Sat. Fat (g)	9.4	1.5
Carbohydrate (g)	90.2	14.7
Sugars (g)	20.2	3.3
Protein (g)	20.4	3.3
Salt (g)	3.45	0.56

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

Allergens

2) Nuts 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, 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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Bake your Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil**, then season with **salt and pepper**.

Sprinkle over the **North Indian style spice mix** and rub it all over the **potatoes**. Lay them, cut-side down, on the baking tray.

When the oven is hot, bake on the top shelf until tender and a knife slips in easily, 30-40 mins.



Curry Up

Add the **chickpeas, creme fraiche, vegetable stock paste and water for the sauce** (see pantry for amount) to the pan. Stir well and season with **salt and pepper**.

Bring to the boil, then lower to a simmer. Cook, stirring occasionally, for 3-4 mins.



Prep Time

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

Trim the **green beans**.

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



Cook the Green Beans

While the **curried chickpeas** simmer, pour the **boiled water** from your kettle into a saucepan with ½ **tsp salt** on high heat.

Bring back to the boil, then add the **green beans** and cook until just tender, 4-6 mins.

Once the **chickpeas** have simmered, add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 1-2 mins, then stir through **half the mango chutney**.

Once the **beans** are cooked, drain in a colander, then return to the saucepan. Season with **salt and pepper**. Toss in **butter** (if you have any).



Build the Flavour

When the **potatoes** have baked for 10 mins, heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **garlic** and **korma style paste**. Fry for 1-2 mins.

Meanwhile, boil a half-full kettle.



Finish and Serve

When everything's ready, transfer your **baked potatoes** to your plates.

Gently mash the cut sides of the **potatoes** with a fork and add some **butter** (if you have any).

Top with your **curried chickpeas, toasted flaked almonds** and spoon over the remaining **mango chutney**.

Serve the **green beans** alongside.

Enjoy!