



# South East Asian Inspired Chickpea Curry with Garlic Spinach and Basmati Rice

Customer Favourites 30 Minutes • Mild Spice • 2 of your 5 a day • Veggie

38



Red Onion



Sweet Potato



Garlic Clove



Lime



Chickpeas



Basmati Rice



Ginger Puree



Yellow Thai Style Paste



Vegetable Stock Paste



Coconut Milk



Peanut Butter



Baby Spinach



Ketjap Manis

## Before you start

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

## Cooking tools

Garlic press, fine grater, sieve, measuring jug, saucepan, lid, bowl and frying pan.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Sweet Potato**	1	2	2
Garlic Clove**	2	3	4
Lime**	½	1	1
Chickpeas	1 carton	1½ cartons	2 cartons
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Ginger Puree	1 sachet	1 sachet	2 sachets
Yellow Thai Style Paste	1 sachet	2 sachets	2 sachets
Water for the Curry*	150ml	250ml	350ml
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Coconut Milk	200ml	300ml	400ml
Peanut Butter <b>1</b>	1 pot	2 pots	2 pots
Baby Spinach**	100g	200g	200g
Ketjap Manis <b>11</b>	1 sachet	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>656g</b>	<b>100g</b>
Energy (kJ/kcal)	3876 /926	591 /141
Fat (g)	34	5
Sat. Fat (g)	19	3
Carbohydrate (g)	128	20
Sugars (g)	20	3
Protein (g)	26	4
Salt (g)	3.92	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 10) Celery 11) Soya

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

Halve, peel and chop the **red onion** into small pieces. Peel the **sweet potato** and chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press). Zest and cut the **lime** into wedges. Drain and rinse the **chickpeas** in a sieve.



## Make the Curry

Stir in the **ginger puree**, **yellow Thai style paste** and **half the garlic**. Cook for 1 min more. Stir in the **sweet potato** and **chickpeas**, then pour in the **water for the curry** (see ingredients for amount), **veg stock paste**, **coconut milk** and **peanut butter**. Stir to thoroughly combine, 2-3 mins. Bring to the boil, then reduce to a simmer. Pop the lid on and simmer, stirring frequently until the **sweet potato** is tender, 15-20 mins. **TIP: Add a splash more water if you feel it needs it.**



## Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Wilt the Spinach

About 6-8 mins before your **curry** is ready, heat a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **spinach** a handful at a time and allow it to wilt slightly, 1-2 mins. Once it begins to wilt, add the **ketjap manis** and remaining **garlic** and stir-fry until some of the **liquid** has evaporated, 2-3 mins. Remove from the heat once wilted and piping hot.



## Fry the Onion

While the **rice** cooks, heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion** and stir-fry until softened, 3-4 mins.



## Plate Up

Fluff up the **rice** with a fork and stir through the **lime zest**. Add a squeeze of **lime juice** to the **curry**, then taste and add more **salt**, **pepper** and **lime juice** if needed. Share the **rice** between your bowls and spoon the **curry** onto one side with the **garlic spinach** on the other. Serve with **lime wedges** for squeezing over.

## Enjoy!