



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

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day • Veggie

20



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

Pantry Items
Oil, Salt, Pepper

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, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Garlic Clove**	2	3	4
Lime**	½	1	1
Chickpeas	1 carton	1½ cartons	2 cartons
Basmati Rice	150g	225g	300g
Ginger Puree	1 sachet	1 sachet	2 sachets
Yellow Thai Style Paste	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste (10)	10g	15g	20g
Coconut Milk	200ml	300ml	400ml
Peanut Butter (1)	1 sachet	2 sachets	2 sachets
Baby Spinach**	100g	150g	200g
Ketjap Manis (11)	1 sachet	1 sachet	2 sachets

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for Curry*	150ml	250ml	350ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	3747/895	678/162
Fat (g)	33.6	6.1
Sat. Fat (g)	18.6	3.4
Carbohydrate (g)	119.0	21.5
Sugars (g)	18.0	3.3
Protein (g)	24.2	4.4
Salt (g)	3.90	0.71

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

Peel and chop the **sweet potato** 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.



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** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Build the Flavour

While the **rice** cooks, heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **ginger puree**, **yellow Thai style paste** and **half the garlic**. Stir and cook for 1 min.



Simmer and Stir

Add the **sweet potato** and **chickpeas** to the pan, then stir in the **veg stock paste**, **coconut milk**, **peanut butter** and **water for the curry** (see ingredients for amount).

Stir to thoroughly combine, 2-3 mins. Bring to the boil, then reduce to a simmer.

Cover with the lid and simmer, stirring frequently, until the **sweet potato** is tender, 15-20 mins. Add a splash of **water** if you feel it needs it.



Saute 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.



Finish and Serve

When everything is ready, 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 any remaining **lime** cut into wedges for squeezing over.

Enjoy!