



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Cross-Over Chickpea & Spinach Curry with Cooling Coriander

The male members of the HelloFresh Farm are reliably informed that there is a certain category of clothing called “cross-over” clothing. Arnie thought this might have something to do with his occasional penchant for high heels, but Caroline tells us they are clothes which can be worn from day to night. That got us to thinking about cross-over dishes - warm enough for the chilly nights we’re still having, but with a hint of impending Spring. This nutritious little number is the perfect addition to your nutritional closet.



40 min



veggie



spicy



gluten free



Onion



Ginger



Garlic Clove



Red Chilli



Curry Powder



Vine Tomato



Organic Chickpeas



Vegetable Stock Pot



Basmati Rice



Cinnamon



Bay Leaf



Coriander



Natural Yoghurt



Baby Spinach

Ingredients

	2P	4P
Onion	1	2
Ginger	1 knob	1 knob
Garlic Clove	2	4
Red Chilli	1	1
Curry Powder 1	2 tsp	4 tsp
Vine Tomatoes, chopped	2	4
Organic Chickpeas	1 tin	2 tins
Vegetable Stock Pot 2	1	2
Basmati Rice	200g	400g
Cinnamon	1 stick	1 stick
Bay Leaf	1	2
Coriander, chopped	½ bunch	1 bunch
Natural Yoghurt 3	½ pot	1 pot
Baby Spinach	½ bag	1 bag

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Mustard | 2) Celery

3) Milk

Nutrition per serving

Calories: 550 kcal,

Protein: 29 g, Carbs: 89 g,

Fat: 8 g, Saturated Fat: 2 g

2



1 Peel and finely dice ¼ of the onion and roughly chop the remaining ¾. Peel the ginger with the edge of a spoon and then grate or finely dice it. Finely chop the garlic. Stab the chilli a few times with the tip of a sharp knife (to release the flavour).

3



2 Heat 1 tbsp of oil in a pan on medium-low heat. Once hot, add the roughly chopped onion and cook for 5 mins (until soft). Add the garlic and cook for a further 1-2 mins. Add the curry powder and ginger and cook for another 1-2 mins to develop the flavour.

5



3 Cut the tomatoes in half, remove the seeds (and discard) and roughly chop. Add the drained chickpeas, whole chilli and the chopped tomatoes to the pan. Add ½ the stock pot with 100ml of water, ½ tsp of salt and a few grinds of pepper. Cook over a medium heat for 15 mins.

7



4 Heat 1 tbsp of oil in a pan over a medium heat. Once hot add the finely diced onion and cook for 5

mins, or until soft.

5 Add the rice to the pan and coat in the oil then add 300ml of water. Add the remaining half of the stock pot, half a cinnamon stick and the bay leaf. Cover with a tight fitting lid and cook on the lowest heat for 10 mins and then leave off the heat for 10 mins - don't peek under the lid until 20 mins are up!

6 Finely chop the coriander and mix half with the yoghurt along with a pinch of salt and pepper.

7 When the curry is cooked, take off the heat and stir through the spinach.

8 Serve the curry on top of the basmati rice along with the yoghurt and top with the remaining chopped coriander.