



Spinach and Chickpea Masala Pie with Cheesy Potato Top

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day

21



Breadcrumbs



Grated Hard Italian Style Cheese



Garlic Clove



Chickpeas



Potatoes



Korma Curry Paste



North Indian Style Spice Mix



Vegetable Stock Paste



Mango Chutney



Creme Fraiche



Baby Spinach



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, bowl, garlic press, sieve, colander, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Breadcrumbs 13)	50g	75g	100g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Garlic Clove**	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Potatoes	450g	700g	900g
Korma Curry Paste 9)	50g	75g	100g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Mango Chutney	40g	60g	80g
Creme Fraiche** 7)	150g	225g	300g
Baby Spinach**	100g	150g	200g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	2 tbsps	3 tbsps	4 tbsps
Water for the Sauce*	75ml	115ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	614g	100g	744g	100g
Energy (kJ/kcal)	3898 /932	635 /152	4546 /1086	611 /146
Fat (g)	47.0	7.7	49.3	6.6
Sat. Fat (g)	21.1	3.4	21.7	2.9
Carbohydrate (g)	101.1	16.5	101.2	13.6
Sugars (g)	18.5	3.0	18.6	2.5
Protein (g)	26.1	4.2	57.5	7.7
Salt (g)	4.18	0.68	4.37	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

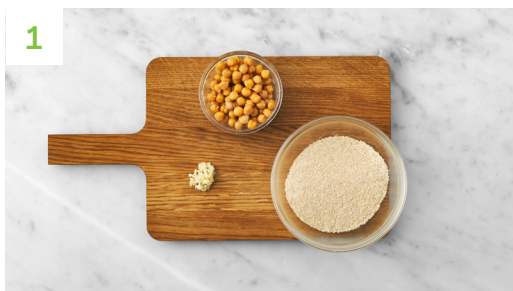
7) Milk **8**) Egg **9**) Mustard **10**) Celery **13**) Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking. Be careful when adding water to hot pans while cooking.

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Start the Prep

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **potatoes**.

Meanwhile, in a small bowl, combine the **breadcrumbs**, **hard Italian style cheese** and the **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper** and set aside.

Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas** in a sieve.



Add the Spinach

Once the **sauce** is reduced slightly, stir in the **mango chutney** and **creme fraiche**. Mix well to combine.

Add the **spinach** to the pan a handful at a time until it's wilted and piping hot and the **sauce** has thickened, 2-3 mins.

Taste and season with **salt** and **pepper** if needed, then remove from the heat.

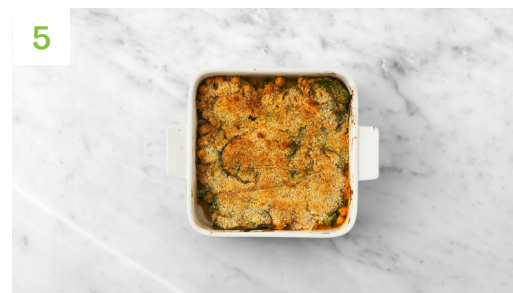
Meanwhile, preheat your grill to high.



Boil the Potatoes

Slice the **potatoes** into 1cm thick rounds (no need to peel).

Once boiling, add the **potato slices** to the **water** and simmer until you can easily slip a knife through, 8-12 mins. Drain in a colander.

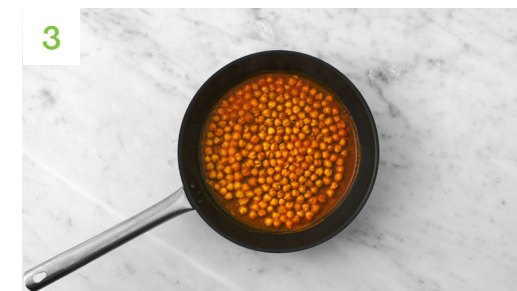


Assemble and Grill

Once the **potatoes** are ready, transfer the **chickpea mixture** to an appropriately sized ovenproof dish.

Lay the **potato slices** evenly on top of the **chickpeas**, then sprinkle over the **cheesy crumb**.

Pop under the grill until golden on top, 3-4 mins.



Start the Pie Filling

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

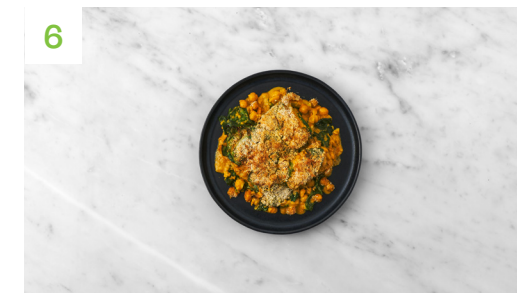
Once hot, add the **korma curry paste**, **North Indian style spice mix** and **garlic**. Stir-fry for 30 secs.

Stir in the **water for the sauce** (see pantry for amount), **vegetable stock paste** and **chickpeas**.

Bring to the boil, then reduce the heat and simmer until the liquid has slightly reduced, 2-3 mins.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan before the **spices**. Fry until browned, 5-6 mins, then add the **spices** and continue as instructed. The **chicken** will cook through while simmering. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.**



Serve

Once the **chickpea and spinach masala pie** is ready, share it out between your serving plates and tuck in.

Enjoy!