



Indonesian Inspired Chickpea Curry

with Garlicky Spinach

CLASSIC 30 Minutes • 2.5 of your 5 a day • Veggie

Nº 20



Echalion Shallot



Sweet Potato



Garlic



Lime



Chickpeas



Basmati Rice



Cashew Nuts



Ginger Purée



Yellow Thai Curry Paste



Vegetable Stock Powder



Coconut Milk



Peanut Butter



Spinach



Ketjap Manis

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Measuring Jug, Two Saucepans and Frying Pan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Sweet Potato**	1	2	2
Garlic**	2 cloves	3 cloves	4 cloves
Lime**	½	1	1
Chickpeas	1 carton	1½ cartons	2 cartons
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Cashew Nuts 2)	1 small pot	1 large pot	1 large pot
Ginger Purée	1 sachet	1 sachet	2 sachets
Yellow Thai Curry Paste	1 sachet	2 sachets	2 sachets
Water for the Curry*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachet
Coconut Milk	200ml	300ml	400ml
Peanut Butter 1)	1 pot	2 pots	2 pots
Spinach**	1 small bag	1 large bag	2 small bags
Ketjap Manis 11)	1 sachet	1 sachet	2 sachets
13)			

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	690g	100g
Energy (kJ/kcal)	3981/952	577/138
Fat (g)	38	6
Sat. Fat (g)	19	3
Carbohydrate (g)	123	18
Sugars (g)	21	3
Protein (g)	25	4
Salt (g)	3.42	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nut 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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♻️ You can recycle me!

Packed in the UK



1. Get Prepped

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



4. Make the Curry

Stir in the **ginger purée**, **Thai yellow curry paste** and **half the garlic**. Cook for 1 minute more. Stir in the **sweet potato** and **chickpeas**, then pour in the **water** (see ingredients for amount), **stock powder**, **coconut milk** and **peanut butter**. Stir to combine, ensuring the **peanut butter** has combined, 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.



2. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



5. Cook 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 **garlic** and stir fry until some of the liquid has evaporated, 2-3 mins. Remove from the heat once done.



3. Toast the Cashews

Heat a large saucepan on a medium high heat (no **oil**), add the **cashews** and cook, stirring regularly, until lightly toasted, 2-3mins. **TIP: Watch them like a hawk as they can burn easily.** Remove from the pan and pop in a small bowl for later. Wipe the pan with kitchen paper and return to medium heat with a drizzle of **oil**. Add the **shallot** to the saucepan and stir fry until softened, 3-4 mins.



6. Plate Up

Stir the **lime zest** through the **rice** and share between bowls. Add a squeeze of **lime juice** to the **curry**, taste and add **salt**, **pepper** and **lime juice** if you feel it needs it. Spoon the **curry** on one side of the **rice** and the **garlicky spinach** on the other. Sprinkle on the **cashews**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.