



# CREAMY CHICKPEA & SPINACH CURRY

with Rice, Almonds & Cilantro Yogurt Sauce

## 15-MINUTE MEALS

Tasty three-step recipes with minimal prep and cleanup that come together in a flash—save time while eating well!



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CALORIES: 710



## BUST OUT 2 PERSON | 4 PERSON

- Strainer
- Small bowl
- Large pan

- Kosher Salt
- Black Pepper
- Sugar

## MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

### 1 PREP



¼ oz | ½ oz  
Cilantro



1 | 2  
Chickpeas



2 TBSP | 4 TBSP  
Yogurt  
Contains: Milk

### 2 COOK CURRY



5 oz | 10 oz  
Curry Sauce Base  
Contains: Milk



4 oz | 8 oz  
Cream Sauce  
Base  
Contains: Milk



5 oz | 10 oz  
Spinach



1 | 2  
Microwavable  
Rice

### 3 SERVE



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts

- **Wash and dry produce.**
- Finely chop **cilantro**. Drain and rinse **chickpeas**.
- In a small bowl, combine **yogurt** and cilantro. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Taste and season with **salt** and **pepper**.

- In a large pan, combine **chickpeas**, **cream sauce base**, **curry sauce base**, **¼ cup water**, **½ tsp sugar**, a **pinch of salt**, and **pepper** (use **½ cup water** and **1 tsp sugar** for 4 servings). Bring to a boil, then stir in **spinach**. Reduce to a low simmer and cook, stirring occasionally, until sauce has thickened and spinach has wilted, 3-5 minutes. **TIP: If the spinach doesn't fit all at once, add a handful at a time until it wilts down.**
- While curry cooks, massage **rice** in package to break up grains; partially open package. Microwave until warmed through, 90 seconds. **TIP: Microwave times may vary. Be careful when handling and opening the pouch—steam may release!**

- Divide **rice** and **curry** between shallow bowls in separate sections. Top with **cilantro yogurt sauce** and as many **almonds** as you like. Serve.

