



Creamy Indian Chickpea & Spinach Curry

with Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Zucchini



Carrot



Ginger



Garlic



Chickpeas



Tandoori Paste



Tomato Paste



Chilli Flakes (Optional)



Light Thickened Cream



Mint



Cucumber



Greek Yoghurt



Baby Spinach Leaves

Hands-on: 25-35 mins
Ready in: 30-40 mins

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional chilli flakes)

There's nothing like a rich curry to satisfy a hungry tummy. From the wafting aromas of India in the creamy sauce to the refreshing cucumber yoghurt, this dish will indulge your senses in every way.

Pantry items

Olive Oil, Brown Sugar

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
zucchini	1	2
carrot	1	2
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
chickpeas	1 tin	2 tins
tandoori paste	1 tub (50g)	2 tubs (100g)
tomato paste	1 sachet	2 sachets
water* (for the curry)	1 cup	2 cups
chilli flakes (optional)	pinch	pinch
light thickened cream	1 packet (150ml)	2 packets (300ml)
brown sugar*	2 tsp	1 tbs
salt*	½ tsp	1 tsp
mint	1 bunch	1 bunch
cucumber	1	2
Greek yoghurt	1 packet (100g)	2 packets (200g)
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3040kJ (726Cal)	444kJ (106Cal)
Protein (g)	20.7g	3.0g
Fat, total (g)	24.6g	3.6g
- saturated (g)	12.6g	1.8g
Carbohydrate (g)	98.3g	14.3g
- sugars (g)	22.5g	3.3g
Sodium (g)	1400mg	204mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Cook the rice

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: *The rice will finish cooking in its own steam so don't peek!*



4. Make the cucumber yoghurt

While the curry is simmering, pick and finely chop the **mint** leaves. Grate the **cucumber**. In a small bowl, combine the **cucumber**, **mint**, **Greek yoghurt** and a **pinch** of **salt** and **pepper**.



2. Get prepped

While the rice is cooking, thinly slice the **zucchini** and **carrot** (unpeeled) into half-moons. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas**.



5. Finish the curry

Add the **baby spinach leaves** to the curry and stir until wilted, **2 minutes**. Season to taste with **salt** and **pepper**.



3. Start the curry

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**. Add the **tandoori paste** and **tomato paste** and cook, stirring, until fragrant, **1 minute**. Add the **zucchini**, **carrot**, **chickpeas**, **water (for the curry)** and a **pinch** of **chilli flakes** (if using) and stir to combine. Simmer until the **zucchini** and **carrot** have softened, **3-4 minutes**. Add the **light thickened cream**, **brown sugar** and the **salt** to the frying pan. Simmer until combined, **2-3 minutes**.



6. Serve up

Divide the basmati rice between bowls and top with the chickpea and spinach curry. Top with a dollop of cucumber yoghurt and garnish with a pinch of chilli flakes (if using).

Enjoy!