

Smart Tofu and Chickpea Curry

with Spinach in Tikka Sauce

Veggie

Smart Meal

30 Minutes







×2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫

Chicken







1 2



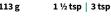




Baby Spinach

Cumin-Turmeric Spice Blend

56 g | 113 g









Cilantro 7g | 14g

Tikka Sauce ½ cup | 1 cup







Yellow Onion

1/2 1

Powder 1 tbsp | 2 tbsp

Vegetable Stock





Tomato 1 | 2



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat. Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, paper towels



Fry tofu

- · Before starting, wash and dry all produce.
- · Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat tofu dry with paper towels. Cut **tofu** into ½-inch cubes.
- When hot, add 1 tbsp (1 ½ tbsp) butter, then swirl the pan until melted.
- Add tofu, then season with salt, pepper and Cumin-Turmeric Spice Blend. Pan-fry, turning cubes occasionally, until crispy and golden, 4-5 min. (TIP: If spices start to burn, reduce heat to medium.)
- Transfer to a plate.



Prep

- 🕕 Add | Chicken Breasts
- Meanwhile, peel, then cut half the onion (whole onion for 4 ppl) into 1/4-inch pieces.
- Cut tomato into ½-inch pieces.
- Roughly chop spinach.
- Roughly chop cilantro.



Sauté onions and tomatoes

- Return the same pan (from step 1) to medium.
- Add 1 tbsp (2 tbsp) butter, then swirl the pan until melted.
- Add onions and tomatoes. Cook, stirring occasionally, until softened, 3-4 min.



6 | Finish and serve

cooked through, 14-18 min.**

Measurements

within steps

+ Add | Chicken Breasts

Thinly slice **chicken**. Top bowls with **chicken**.

1 tbsp

2 person

2 | Cook chicken and prep

+ Add | Chicken Breasts

If you've opted to add chicken breasts, pat dry with paper towels. Season with salt and **pepper**. Arrange on an unlined baking sheet. Drizzle 1 tbsp (2 tbsp) oil over top. Roast in the

middle of the oven until golden brown and

oil

Ingredient



- Stir in tikka sauce and stock powder. Cook, stirring often, until sauce thickens slightly, 30 sec.
- Add 1 cup (2 cups) water and half the chickpeas with their canning liquid to the pan (use all for 4ppl). Bring to simmer over high.
- Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until chickpeas are tender and tomatoes are broken down, 8-10 min.



Finish curry

- Add spinach, half the tofu and half the cilantro to the pan. Cook, stirring often, until spinach wilts, 1-2 min. (TIP: If curry reduces too much, add 2 tbsp water at a time, until desired consistency is reached.)
- Season with salt and pepper, to taste.



Finish and serve

🛨 Add | Chicken Breasts

- Divide curry between bowls.
- Top bowls with remaining tofu.
- Sprinkle remaining cilantro over top.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.