



# Smart Tofu and Chickpea Curry

## with Spinach in Tikka Sauce

Veggie

Smart Meal

30 Minutes

+ Add



Chicken Breast  
Tenders  
310 g | 620 g

Customized Protein

+ Add

Swap

or

\*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](https://www.hellofresh.ca)



Tofu  
1 | 2



Chickpeas  
½ | 1



Baby Spinach  
56 g | 113 g



Cumin-Turmeric  
Spice Blend  
1½ tsp | 3 tsp



Cilantro  
7 g | 14 g



Tikka Sauce  
½ cup | 1 cup



Yellow Onion  
½ | 1



Vegetable Stock  
Powder  
1 tbsp | 2 tbsp



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.

**Pantry items** | Salt, pepper, unsalted butter

**Cooking utensils** | Large non-stick pan, measuring cups, measuring spoons, paper towels

1



### 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.

2



### Prep

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Roughly chop **spinach**.
- Roughly chop **cilantro**.

3



### Saute onions and tomatoes

+ Add | **Chicken Breast Tenders**

- 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.

4



### Start curry

- Add **tikka sauce** and **stock powder** to the pan with **onions** and **tomatoes**. 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 4 ppl). Bring to simmer over high.
- Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until **chickpeas** are tender and **tomatoes** have broken down, 8-10 min.

♦ 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.

5



### 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**.

6



### Finish and serve

+ Add | **Chicken Breast Tenders**

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

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Saute chicken, onions and tomatoes

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan (from step 1) over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken breast tenders**. Sear until **chicken** is golden-brown and cooked through, 3-4 min per side.\*\* Transfer to a plate. Use the same pan to saute **tomatoes** and **onions**.

### 6 | Finish and serve

+ Add | **Chicken Breast Tenders**

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