



# Spiced Chickpeas and Spinach

## with Fluffy Cilantro Rice and Yogurt Sauce

Veggie

Spicy

30 Minutes

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)



Chicken Breasts  
2 | 4



Shrimp  
285 g | 570 g



Chickpeas  
1 | 2



Basmati Rice  
¾ cup | 1 ½ cups



Indian Spice Mix  
1 tbsp | 2 tbsp



Garlic, cloves  
3 | 6



Shallot  
1 | 2



Chili Pepper  
1 | 2



Cilantro  
7 g | 14 g



Vegetable Broth Concentrate  
1 | 2



Baby Spinach  
113 g | 227 g



Yogurt Sauce  
6 tbsp | 12 tbsp



Curry Paste  
2 tbsp | 4 tbsp



Tomato Sauce Base  
2 tbsp | 4 tbsp



Flatbread  
2 | 4

**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** | Pepper, unsalted butter, salt, oil

**Cooking utensils** | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, potato masher, silicone brush, small bowl

1



## Cook rice

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

### • Heat Guide for Step 3:

- Mild: ½ tsp (¼ tsp)
- Medium: ¼ tsp (½ tsp)
- Spicy: ½ tsp (1 tsp)
- Extra-spicy: 1 tsp (2 tsp)

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

4



## Cook chickpeas

- Add **chickpeas** with **canning liquid**, **broth concentrate** and **½ cup** (1 cup) **water** to the pan with **shallots**.
- Using a **potato masher**, roughly  **mash chickpeas**.
- Cook, stirring occasionally, until **curry** thickens slightly, 6-8 min. (**TIP:** If needed, reduce heat to medium to maintain a gentle simmer!)
- Season with **salt** and **pepper**.
- Add **spinach**, then stir until wilted, 1-2 min.

2



## Prep

+ Add | **Chicken Breasts**

+ Add | **Shrimp**

- Meanwhile, peel, then finely chop **shallot**.
- Roughly chop **cilantro**.
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chili!)

3



## Start curry

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **shallots**. Cook, stirring often, until almost tender, 2-3 min.
- Add **Indian Spice Mix**, **curry paste**, **tomato sauce base**, **half the garlic** and **¼ tsp** (½ tsp) **chilis**. (**NOTE:** Reference heat guide.)
- Cook, stirring often, until **shallots** are tender and **spices** are fragrant, 1-3 min.

5



## Warm flatbreads

- Meanwhile, add **remaining garlic** and **1 tbsp** (2 tbsp) **oil** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Arrange **flatbread** on an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets.)
- Brush the **tops of flatbread** with **garlic oil**. Broil in the **middle** of the oven until warmed through, 1-2 min. (**NOTE:** For 4 ppl, broil one sheet of flatbread at a time.)

6



## Finish and serve

+ Add | **Chicken Breasts**

+ Add | **Shrimp**

- Fluff **rice** with a fork, then stir in **half the cilantro** and **1 tbsp** (2 tbsp) **butter**.
- Cut **flatbread** into triangles.
- Divide **cilantro rice** and **spiced chickpeas** between bowls.
- Sprinkle **remaining cilantro** over top.
- Dollop **yogurt sauce** over top.
- Serve **flatbreads** on the side.

Measurements  
within steps

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

## 2 | Prep and cook chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Arrange on a foil-lined baking sheet. Drizzle **1 tbsp** (2 tbsp) **oil** over top. Broil in the **middle** of the oven until golden-brown and cooked through, 8-10 min. **\*\***

## 2 | Prep and cook shrimp

+ Add | **Shrimp**

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Toss **shrimp** with **½ tsp** (1 tsp) **oil** on an unlined baking sheet. Season with **salt** and **pepper**. Broil in the **middle** of the oven until **shrimp** just turn pink, 5-6 min. **\*\***

## 6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Top **chickpeas** with **chicken**.

## 6 | Finish and serve

+ Add | **Shrimp**

Top **chickpeas** with **shrimp**.

♦ 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.