



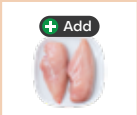
# Spiced Chickpeas and Spinach

## with Fluffy Cilantro Rice and Yogurt Sauce

Veggie

Spicy

30 Minutes



Chicken Breasts  
2 | 4

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](http://hellofresh.ca)



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

- Add **1 cup** (2 cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear. Add **rice** to the **boiling water**, then reduce heat to low.
- Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove 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, 7-8 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

- 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!)

5



## Warm flatbread

- 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, 2-3 min. (**NOTE:** For 4 ppl, broil one sheet of flatbread at a time.)

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) **chilies**. (**NOTE:** Reference heat guide.)
- Cook, stirring often, until **shallots** are tender and **spices** are fragrant, 1-3 min.

6



## Finish and serve

### + Add | Chicken Breasts

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

**Measurements** **1 tbsp** (2 tbsp) **oil**  
**within steps** 2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. 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.

## 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**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.\*\* Transfer to a plate and cover to keep warm. Use the same pan to cook **curry** in step 3.

## 6 | Finish and serve

### + Add | Chicken Breasts

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

\* 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.