



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
1 ½ 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

+ Add | **Chicken Breast Tenders**

- 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

- 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

- 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 4 ppl). 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.

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**, to taste.

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

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 | Prep and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan (from step 1) over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.** Remove from heat, then transfer **chicken** to a plate. Cover to keep warm.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

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.