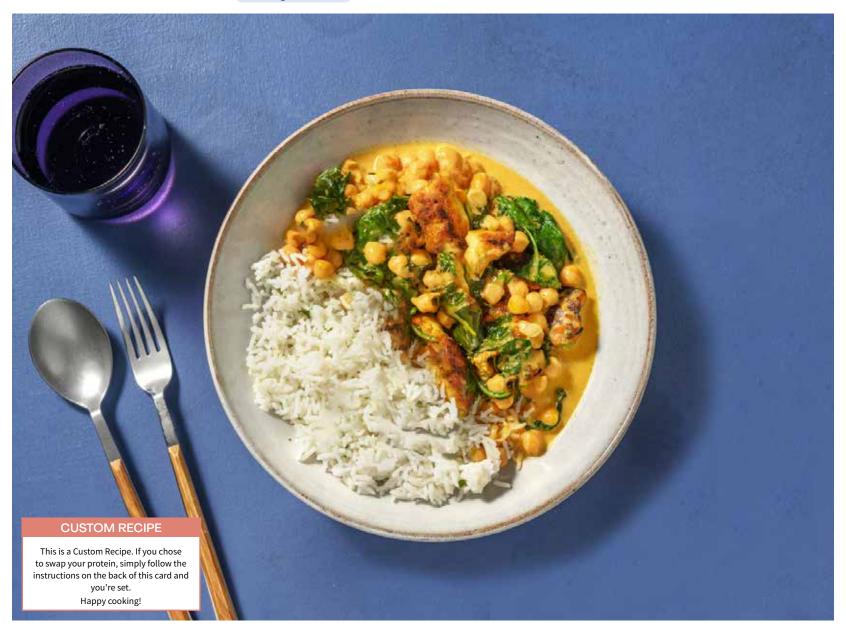


Chicken and Chickpea Curry

with Buttery Rice

Quick

25 Minutes





Chicken Tenders







Basmati Rice





Chickpeas

Mild Curry Paste

Ginger







Garlic Puree



Baby Spinach

Start here

- Before starting, add 1 ¹/₄ cups water (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust out

Colander, measuring spoons, medium pot, measuring cups, large pot, paper towels

Ingredients

mig. Caronico		
	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Chicken Thighs	280 g	560 g
Basmati Rice	¾ cup	1 ½ cups
Chickpeas	398 ml	796 ml
Ginger	15 g	30 g
Mild Curry Paste	4 tbsp	8 tbsp
Cream	56 ml	113 ml
Garlic Puree	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

Contact

Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca





Cook rice

- Add rice, garlic puree, 1 tbsp butter and
 4 tsp salt (dbl both for 4 ppl) to the boiling water. Stir to combine.
- 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.



Cook chicken

- Heat a large pot over medium-high heat.
- While the pot heats, pat **chicken** dry with paper towels. Cut into 1-inch pieces. Season with **salt** and **pepper**.
- When the pot is hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until goldenbrown, 2-3 min per side. (NOTE: Chicken will finish cooking in step 4.)

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.



Prep

- Peel, then mince or grate **half the ginger** (use all for 4 ppl).
- Drain and rinse chickpeas.



Cook curry

- Reduce heat to medium, then add curry paste and ginger to the pot with chicken.
 Cook, stirring often, until fragrant, 30 sec.
- Add **chickpeas**, **cream** and **1 cup water** (1 ½ cups for 4 ppl). Bring to a simmer.
- Once simmering, reduce heat to mediumlow. Cook, stirring occasionally, until sauce thickens slightly and chicken is cooked through, 5-8 min.**
- Add **spinach**. Season with **salt** and **pepper**, then stir until **spinach** wilts, 1-2 min.



Finish and serve

- Divide rice between plates.
- Top with chicken and chickpea curry.

Dinner Solved!