

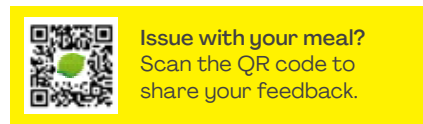


Curry Braised Chickpeas and Tofu

with Garlic-Cilantro Flatbread and Tomato Chutney

Veggie

35 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Tofu
- Chicken Breasts
- Chickpeas
- Red Onion
- Baby Spinach
- Cilantro
- Tomato
- Garlic, cloves
- Vegetable Stock Powder
- Flatbread
- Rice Vinegar
- Curry Paste
- Indian Spice Mix

HELLO CHICKPEAS

These legumes are an excellent source of fibre and protein. They're a staple in many diets around the world!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

Bust out

2 Baking sheets, measuring spoons, silicone brush, medium pot, wooden spoon, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Tofu	1	2
Chicken Breasts*	2	4
Chickpeas	370 ml	740 ml
Red Onion	113 g	226 g
Baby Spinach	113 g	227 g
Cilantro	7 g	14 g
Tomato	2	4
Garlic, cloves	2	4
Vegetable Stock Powder	1 tbsp	2 tbsp
Flatbread	2	4
Rice Vinegar	1 tbsp	2 tbsp
Curry Paste	2 tbsp	4 tbsp
Indian Spice Mix	1 tbsp	2 tbsp
Plant-Based Butter*	1 tbsp	2 tbsp
Sugar*	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.



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1



Prep and roast tofu

- Pat **tofu** dry with paper towels, then cut into ¼-inch pieces.
- Add **tofu**, **half the Indian Spice Mix** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, stirring halfway through, until golden-brown and crisp, 12-14 min.

4



Make chutney

- Meanwhile, heat a medium pot over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, **tomatoes**, **vinegar**, **remaining onions** and **1 tbsp** (2 tbsp) **sugar**.
- Cook, stirring often and mashing **tomatoes** with the back of a wooden spoon, until **chutney** is thickened and jammy, 3-5 min.
- Season with **salt** and **pepper**, to taste.

2



Finish prep

- Peel, then cut **onion** into ¼-inch pieces.
- Roughly chop **cilantro**.
- Cut **tomato** into ½-inch pieces
- Peel, then mince or grate **garlic**.

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.

5



Make cilantro-garlic flatbread

- While **chutney** cooks, melt **1 tbsp** (2 tbsp) **plant-based butter** in the microwave until melted, 30 sec.
- Add **garlic** and **half the cilantro**. Season with **salt** and **pepper**, then stir to combine.
- Arrange **flatbreads** on another unlined baking sheet. Brush with **cilantro-garlic butter**.
- Toast in the **middle** of the oven until golden-brown, 2-4 min. (**TIP**: Keep an eye on flatbreads, so they don't burn!)

3



Start curry

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil** and **half the onions**. Cook, stirring occasionally, until tender, 2-3 min.
- Add **chickpeas**, **canning liquid**, **curry paste**, **vegetable stock powder**, **remaining Indian Spice Mix** and **1 cups** (2 cups) **water**. Bring to a simmer, then reduce heat to medium.
- Cook, stirring occasionally, until **broth** has thickened slightly, 6-8 min.

6



Finish and serve

- Add **half the tofu**, **spinach** and **remaining cilantro** to the pot with **chickpeas**.
- Stir until **spinach** wilts, 1-2 min. (**TIP**: For a lighter consistency, add water, 2-3 tbsp at a time, if desired.)
- Season with **salt** and **pepper**, to taste.
- Divide **curry** between bowls. Top with **remaining tofu**. Dollop **chutney** over top.
- Tear **flatbread** and serve alongside.

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

Dinner Solved!