



Spiced Chickpeas and Spinach

with Fluffy Cilantro Rice and Yogurt Sauce

Veggie

Spicy

30 Minutes

+ Add



Tofu

1 | 2

↔ Custom Recipe

+ 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)



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

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 | Measuring spoons, potato masher, medium pot, measuring cups, large non-stick pan

1



Cook rice

• Before starting, 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 ¼ cups** (2 ½ cups) **water** and **⅛ 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.

2



Prep

+ Add | Tofu

- 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, 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.

4



Cook chickpeas

+ Add | Tofu

- 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.

5



Finish and serve

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

Measurements
within steps

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

2 | Prep tofu

+ Add | Tofu

If you've opted to add **tofu**, pat dry with paper towels, then cut into ½-inch pieces. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **tofu**. Pan-fry, turning occasionally, until crispy and golden-brown all over, 6-7 min. (**TIP:** For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch!) Transfer to a plate. Reuse the same pan to cook **curry** in step 3.

4 | Cook tofu

+ Add | Tofu

Add **tofu** to **curry** along with **spinach**.



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