



### Product Spotlight: Curry Fronds


Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



## Golden Chickpea Curry with Basmati Rice

A creamy coconut chickpea curry cooked with an aromatic blend of spices, fresh curry leaves and ginger, finished with lime and served on a bed of fluffy basmati rice. This curry is warming, satisfying and comforting!

 25 minutes

 2 servings

 Plant-Based

19 May 2023

## Make extra!

*Add some sweet potato, zucchini or mushrooms to this curry to make extra portions! You can freeze any leftovers for another day.*

Per serve: **PROTEIN** 23g **TOTAL FAT** 53g **CARBOHYDRATES** 79g

## FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
GINGER	1 piece
CURRY LEAF FRONDS	2
ISLAND CURRY SPICE MIX	1 sachet
TOMATO	1
RED CAPSICUM	1
TINNED CHICKPEAS	400g
COCONUT MILK	400ml
BABY SPINACH	1 bag (60g)
LIME	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan with lid, saucepan with lid

## NOTES

Coconut oil works well for this dish! For extra depth of flavour, add a crumbled stock cube or some stock paste to the curry along with the aromatics.

**Protein upsize is: 400g tinned chickpeas + coconut milk.** Add 1 tbsp curry powder to the aromatics in step 2.



Scan the QR code to submit a Google review!



### 1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. SAUTÉ THE AROMATICS

Heat a frypan over medium–high heat with **1 tbsp oil** (see notes). Slice onion, and peel and grate ginger. Add to pan as you go along with curry leaves. Cook for 5 minutes. Stir in curry spice mix.



### 3. ADD THE VEGETABLES

Dice tomato and slice capsicum. Add to pan and cook for 2–3 minutes until softened.



### 4. SIMMER THE CURRY

Drain and stir in chickpeas along with coconut milk. Semi cover and simmer for 6–8 minutes.



### 5. ADD THE SPINACH

Stir spinach through curry until wilted. Take off heat. Add lime zest and juice from 1/2 lime (wedge remaining), and season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Serve chickpea curry with rice. Garnish with lime wedges.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

