




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

 4 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	TOTAL FAT	CARBOHYDRATES
	18g	31g	65g

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
GINGER	1 piece
CURRY LEAF FRONDS	2
ISLAND CURRY SPICE MIX	1 sachet
TOMATOES	2
RED CAPSICUM	1
TINNED CHICKPEAS	2 x 400g
COCONUT MILK	400ml
BABY SPINACH	1 bag (120g)
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.



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1. COOK THE RICE

Place rice in a saucepan, cover with **600ml 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 **2 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 tomatoes 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

