



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Chickpeas

Chickpeas are large white peas with a nutty flavour. Like many legumes, they are low-fat, high-protein, fibre-rich, vitamin and mineral-dense food.



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## Saag Curry with Chickpeas and Minted Yoghurt

This spinach and chickpea curry with Indian flavours as its base is sure to be a winner served with minted yoghurt and crispy pappadums.



30 minutes



4 servings



Plant-Based

28 October 2022

## More spice?

*This curry mix is very family-friendly; for extra heat, add grated fresh ginger, ground chilli or chilli flakes in step 2, and you can garnish it with fresh green chilli or add some to the yoghurt.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	36g	92g

## FROM YOUR BOX

BASMATI RICE	300g
SPRING ONION	1 bunch
CURRY SPICE MIX	1 packet
CHERRY TOMATOES	2 x 200g punnet
TINNED CHICKPEAS	2 x 400g
ENGLISH SPINACH	1 bunch
COCONUT MILK	400ml
MINT	1 packet (10g)
COCONUT YOGHURT	1 tub (200g)
PAPPADUMS	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 2 cloves garlic, apple cider vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Cooking the pappadums in the microwave according to packet instructions is the quickest method and uses less oil.

You could also take the components to the table for everyone to help themselves.

Add some of your favourite chutney to serve on the side.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of 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 ONIONS

Heat a large frypan with **oil**. Slice and add spring onions (reserve some green tops for garnish), **crushed garlic** and spice mix. Cook for 2 minutes until aromatic.



### 3. ADD THE VEGETABLES

Halve and add cherry tomatoes, along with drained chickpeas, roughly chopped spinach and coconut milk. Pour in **1/2 tin water** and simmer, semi-covered for 10 minutes. Season to taste with **salt and pepper**.



### 4. MAKE THE MINT RAITA

Roughly chop mint and mix together with yoghurt, **1 tbsp olive oil**, **1/2 tbsp vinegar**, **salt and pepper**.



### 5. COOK THE PAPPADUMS

Cook the pappadums according to packet instructions (see notes).



### 6. FINISH AND SERVE

Divide rice among bowls, spoon over curry to taste. Add reserved spring onion tops, pappadums and a dollop of yoghurt to serve (see notes).

**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**

