



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Broccoli


This superfood is loaded with fibre, antioxidants, and vitamin C which aids in iron absorption!



1 Chickpea Makhani Curry

A lovely mild curry with Ord River Chickpeas, plus the added bonus of broccoli and sweet potato to help fill you up, served with pappadums and coconut yoghurt.

 25 mins

 2 servings

 Plant-Based

16 April 2021

Spice it up!

Murgh Makhani is the traditional name for what many people often refer to as Butter Chicken, or in this case, Chickpea. A great staple dish to have in your repertoire, made easy with the No Worries Curries spice mix.

Per serve: **PROTEIN** 35g **TOTAL FAT** 21g **CARBOHYDRATES** 123g

FROM YOUR BOX

BROCCOLI	1/2 *
SWEET POTATO	400g
CURRY SPICE MIX	1 packet (20g)
TINNED CHOPPED TOMATOES	400g
PAPPADUMS	1 packet
COCONUT YOGHURT	1 tub
CORIANDER	1/2 packet *
FRESH CHICKPEAS	250g
BABY SPINACH	1/2 bag (60g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, red wine vinegar

KEY UTENSILS

large frypan, saucepan with lid

NOTES

Pappadums can be cooked in the microwave following the instructions on the packet.

If you have lemons at home, you could use the juice of half a lemon instead of red wine vinegar in the coconut yoghurt topping.



1. PREPARE VEGETABLES

Chop broccoli (including stem) and dice sweet potato.



2. COOK THE CURRY

Heat a large saucepan over medium high heat with **oil**. Add in prepared vegetables and curry spice mix, cook for 3 minutes. Pour in tinned tomatoes and **1 tin water**, season with **salt**. Bring to a simmer and cook covered for 15 minutes.



3. COOK PAPPADUMS

Heat a frypan over medium heat with **oil**. Cook pappadums according to packet instructions (see notes).



4. PREPARE TOPPING

In a small bowl mix coconut yoghurt, roughly chopped coriander, **2 tbsp water** and **1 1/2 tsp red wine vinegar** (see notes). Season with **salt and pepper**.



5. ADD CHICKPEAS

Stir chickpeas and baby spinach through cooked curry.



6. FINISH AND PLATE

Divide curry evenly among shallow bowls. Top with coconut yoghurt and serve with pappadums.

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

