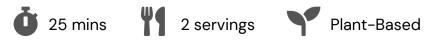


## Product Spotlight: Broccoli

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

# 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.





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.

### 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) *



## **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).

\*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.



# **4. PREPARE TOPPING**

In a small bowl mix coconut yoghurt, roughly chopped coriander, **2 tbsp water** and **11/2 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.

