




Product Spotlight: Ord River Chickpeas


These are the only chickpeas to be proudly grown in WA. They are a Kabuli variety of chickpea and are grown along the Ord River in the Kimberley region.



3 Saag Curry

Spinach curry with cauliflower, Kabuli chickpeas and tempeh.

 30 mins

 2 servings

 Plant-Based

11 June 2021

Make a spice mix!

If you are feeling adventurous you can make your own garam masala blend. Mix together 1 tbsp ground cinnamon, 1 tbsp ground cloves, 1/2 tbsp ground cardamom, 1 tbsp ground coriander and 2 tbsp ground cumin. Store what you don't use in a jar for next time.

Per serve: **PROTEIN** 42g **TOTAL FAT** 41g **CARBOHYDRATES** 112g

FROM YOUR BOX

FLATBREAD MIX	1 packet (150g)
GINGER	1 piece
RED ONION	1/2 *
GARLIC	1 clove *
SPINACH	1 bag (200g)
CAULIFLOWER	1/2 *
CHICKPEAS	1
SWEET CHILLI TEMPEH	1 packet
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garam masala, cumin seeds

KEY UTENSILS

large frypan, small frypan, oven tray, stick mixer (or small blender)

NOTES

The mix should be thickened before you pour it onto the lined oven tray. You can also add other spices such as fennel seeds and garlic flakes to the top before baking.

If you want to add chilli to this curry, add 1 green chilli into the blender to make the paste.

You may need to return your spinach mixture to a jug to blend it to a smooth consistency.



1. SOAK FLATBREAD MIX

Set oven to 180°C. In a large bowl whisk together flat bread mix with **3/4 cup water**. Set aside for 10 minutes (see notes). Once soaked, pour onto a lined oven tray, using a spatular to even out. Drizzle with **olive oil**, sprinkle over **cumin seeds and salt**. Bake for 20–25 minutes.



2. MAKE A PASTE

Peel ginger, add to a small blender with roughly chopped red onion and garlic clove (see notes). Use a stick mixer to blend to smooth paste.



3. SAUTÉ AROMATICS

Heat a large frypan over medium heat with **oil**. Add the paste with **1 tbsp garam masala, and 1 tsp cumin seeds**. Sauté for 3–4 minutes until fragrant. Add spinach with **1/2 cup water**, stir through to wilt. Use stick mixer to blend curry to a smooth consistency (see notes).



4. ADD VEGETABLES

Cut the cauliflower into florets, add to pan as you go. Pour in chickpeas. Simmer covered for 5 minutes, season with **salt and pepper**.



5. COOK TEMPEH

Heat second frypan over medium–high heat with **oil**. Add tempeh to fry pan and cook turning for 4–6 minutes until warmed through.



6. FINISH AND PLATE

Evenly divide curry among shallow bowls. Top with tempeh, serve with flat bread, and lemon wedges.

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