

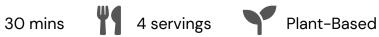


# **Saag Curry**

Spinach curry with cauliflower, Kabuli chickpeas and tempeh.







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.

PROTEIN TOTAL FAT CARBOHYDRATES

### FROM YOUR BOX

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

<sup>\*</sup>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 on 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 cloves (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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