



UCOOK

Velvety Butter Chickpea Curry

with almonds, coconut cream & crispy poppadoms

Get that aromatic butter curry experience you've been craving, but this time it's completely meat-free! Thickened with coconut cream, loaded with spinach and marinated chickpeas, flecked with fresh mint, and paired with nourishing brown basmati rice, this dish is as comforting as it is beautiful!


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Vegetarian

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

75ml	Brown Basmati Rice
10ml	Indian Butter Curry Paste
120g	Chickpeas <i>drained & rinsed</i>
10g	Flaked Almonds
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Cooked Chopped Tomato
2	Poppadoms
100ml	Coconut Cream
20g	Spinach <i>rinsed & roughly shredded</i>
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
1	Spring Onion <i>finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. GET THE BASMATI GOING Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keep the lid on, remove from the heat, and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

2. MARINATING & TOASTING In a medium-sized bowl, mix together ½ tsp of curry paste and a drizzle of oil. Add the rinsed chickpeas to the bowl. Toss until coated, season, and set aside to marinate. Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. THE CURRY BASE Place a pot for the curry over a medium heat with a drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft and translucent. Add the grated garlic and the remaining curry paste to taste. Fry for 30-60 seconds until fragrant, shifting constantly. Stir in the cooked chopped tomato and 100ml of water. Bring to a simmer, pop on a lid, and cook for 10-12 minutes until thickened, stirring occasionally.

4. GOLDEN POPPADOMS When the sauce is nearing completion, return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the poppadom for 30 seconds on one side. When starting to curl, use tongs or a spatula to flip and flatten out. Keep flipping and flattening until puffed up and golden. Remove from the pan on completion and allow to drain on some paper towel.

5. THINGS ARE ABOUT TO GET CREAMY... Once the sauce has thickened, stir through the coconut cream and chickpeas. Replace the lid and simmer for 6-7 minutes until the chickpeas are heated through, giving it a stir halfway. During the final minute, stir through the rinsed spinach until wilted. Season to taste and remove from the heat.

6. GRUB'S UP! Make a bed of nutty basmati and smother in creamy butter chickpea curry. Garnish with the toasted almond flakes, chopped mint, and sliced spring onion. Scoop it up with the crispy poppadom. Wow, Chef!



Chef's Tip

If you don't feel like frying the poppadoms, you can cook them in the microwave! Simply heat them one at a time in 10 second bursts. Do this until puffed up and crispy – about 30 seconds.

Nutritional Information

Per 100g

Energy	661kj
Energy	158Kcal
Protein	5.3g
Carbs	20g
of which sugars	2.7g
Fibre	3.6g
Fat	5.9g
of which saturated	3.3g
Sodium	149mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days