



(02) 8188 8722 | HelloFresh.com.au

WK04
2017

Sweet Potato & Spinach Curry

This fresh, fragrant curry gets its flavour from the delicious Chennai curry paste that will transform its simple ingredients into something much greater than the sum of their parts. Plus, it's jam packed full of veggies and sitting on a bed of brown rice, so you know it's good for you. Dig in, guilt free



Prep: 15 mins

Cook: 40 mins

Total: 55 mins



level 1



high fibre



vegan

Pantry Items



Olive Oil



Warm Water



Water



Red Onion



Chennai Curry Paste



Sweet Potato



Diced Tomatoes



Chickpeas



Baby Spinach Leaves



Brown Rice



Coriander

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
½	1	red onion, finely chopped
1 tub	2 tubs	Chennai curry paste
200 g	400 g	sweet potato, peeled & cut into 1 cm cubes
1 tin	2 tins	diced tomatoes
1 tin	2 tins	chickpeas, rinsed & drained
½ cup	1 cup	warm water*
½ bag	1 bag	baby spinach leaves, washed
1 packet	2 packets	brown rice, rinsed well
3 cups	6 cups	water (for rice)*
1 bunch	2 bunches	coriander, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2840	Kj
Protein	22.2	g
Fat, total	13	g
-saturated	1.5	g
Carbohydrate	108	g
-sugars	20.2	g
Sodium	594	mg

1a



You will need: chef's knife, chopping board, vegetable peeler, sieve, two medium saucepans with lids and wooden spoon.

1 Heat the **olive oil** in a medium saucepan. Add the **red onion** and cook, stirring, for **5 minutes**, or until soft. Add the **Chennai curry paste** and a splash of water and cook for **1 minute**, or until fragrant. Add the **sweet potato** and cook to coat well in the curry paste. Add the **diced tomatoes, chickpeas** and **warm water**. Bring to the boil. Reduce the heat to low, cover and simmer for **20 minutes**, or until the sweet potato is tender. Remove the lid and cook for a further **5-10 minutes**, or until the curry has reduced slightly. Stir through the **baby spinach leaves** and simmer for **1 minute**, or until wilted. Season to taste with **salt** and **pepper**.

1b



2 Meanwhile, place the **brown rice** and **water** in the second medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes**, or until the rice is soft. Drain.

1c



3 To serve, divide the rice and curry between bowls and top with **coriander leaves**.

1d



Did you know? Chickpeas are a nutritional powerhouse packed full of essential vitamins and minerals such as iron, zinc, potassium and folate.