



## Curried Chickpeas and

Spinach with Brown Rice



20-30min



2 Portions

Gently spiced with cumin, turmeric and coriander, and lightly sweetened with raisins, this high-protein and fibre-rich vegetarian brown rice pilaf pairs perfectly with a dollop of refreshing cucumber and mint yoghurt sauce.

## What we send

- Greek-style yoghurt <sup>7</sup>
- 2 garlic cloves and mint
- turmeric, cumin, coriander mix
- Massel Vegetable Stock cube
- raisins
- baby spinach leaves
- Lebanese cucumber
- chickpeas
- brown rice
- red onion

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- sea salt and pepper
- sugar
- vegetable oil
- water

## Utensils

- medium saucepan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

## Allergens

Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 665.0kcal, Fat 14.7g, Proteins 24.1g, Carbs 101.5g



### 1. Prepare ingredients

Thinly slice the **onion(s)**. Crush or finely chop the **garlic**. Crumble the **stock cubes** in a heatproof jug, add the **boiling water** and stir to combine.



### 2. Start cooking

Heat the **oil** in a medium saucepan over medium heat. Cook the **onion, garlic, spice mix** (use half for 2P\*\* see cooking tip), **sugar, salt and pepper** for 3-5 mins, stirring until fragrant and onion is softened.



### 3. Add rice

Stir in the **rice**, then add the **stock mixture**. Bring to the boil, cover and simmer gently for 20 mins or until rice is almost tender.



### 4. Make raita

Meanwhile, finely grate the **cucumber(s)** and place in a sieve, squeezing out excess liquid. Pick and coarsely chop the **mint** leaves. Combine the **cucumber, mint, yoghurt, salt and pepper** in a bowl.



### 5. Add chickpeas

Drain and rinse the **chickpeas**. Stir into the rice mixture with 2 tbs **water**, cover and cook for a further 5 mins or until the **rice** is tender.



### 6. Get ready to serve

Remove the pan from the heat, stir in the **spinach** and **raisins**, cover and sit for a further 2 mins or until **spinach** wilts. Spoon the brown rice mixture into bowls and serve with the **raita**.