



Indian Potato Curry

with Chickpeas and Basmati Rice



20-30min



4 Portions

Aromatic curry leaves infuse the cooking oil as they fry, lending this hearty potato, chickpea and coconut curry irresistible flavour in every bite.

What we send

- curry leaves, ginger
- potato
- love beets
- brown basmati rice
- onion
- chickpeas
- baby spinach leaves
- cumin and coriander spice blend
- turmeric
- coconut milk

What you'll require

- sea salt and pepper
- vegetable oil
- water

Utensils

- fine grater
- medium saucepan
- paper towel
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 930kcal, Fat 34.8g, Carbs 116.3g, Proteins 25.3g



1. Prepare ingredients

Bring **1.5L (6 cups) water** to the boil in a medium saucepan for the rice. Finely chop the **onions**. Pat the **beetroot** dry and cut into 2cm pieces. Peel and cut the **potatoes** into 2cm pieces. Peel and finely grate the **ginger**. Drain and rinse the **chickpeas**.



2. Cook rice

Add a **pinch of salt** to the pan of boiling water and cook the **rice** for 18 -20 mins until tender. Drain.



3. Fry curry leaves

Meanwhile, reserve **2 curry leaf sprigs**. Pick the leaves from the remaining sprigs. Heat **1 tbs vegetable oil** in a large deep frypan over medium heat and fry the picked curry leaves for 30 secs or until bright green and translucent. Remove and drain on paper towel.



4. Start curry

Heat **2 tbs vegetable oil** in the same frypan over medium-high heat and cook the **onion**, stirring occasionally, for 2 mins. Stir in the **ginger, 2 tsp cumin-coriander spice blend, ½ tsp turmeric, potato** and **reserved curry leaf sprig** and cook, stirring occasionally, for 2 mins or until fragrant (the remaining spices won't be used in this dish).



5. Add coconut milk

Add the **coconut milk and 125ml (½ cup) water** and bring to the boil. Reduce heat to low and simmer, covered, for 10 mins or until the **potato** is tender.



6. Get ready to serve

Add the **beetroot, chickpeas** and **spinach**, cover and cook for a further 2 mins or until the spinach is wilted and the beetroot is heated through. Remove the **curry leaf stem**. Season to taste with **salt**. Divide the **rice** and **curry** among bowls and scatter over the **fried curry leaves** to serve.