



Spinach and Golden Cheese Curry

with fresh chilli and cooling coconut milk

Veggie 25-30 mins • Optional spice

7



Grilling Cheese



Baby Spinach



Garam Masala



Coconut Milk



Rice



Chilli



Vegetable Stock



Onion



Garlic



Coriander

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, blender, pot with lid

Ingredients

	2P	4P
Grilling Cheese	200 g	400 g
Baby Spinach	120 g	240 g
Garam Masala	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Rice	150 g	300 g
Chilli	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Onion	1 unit	2 units
Garlic	2 units	4 units
Coriander	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	399.5 g	100 g
Energy (kJ/kcal)	3432 kJ/ 820 kcal	853.6 kJ/ 204 kcal
Fat (g)	42.9 g	10.7 g
Sat. Fat (g)	30.8 g	7.7 g
Carbohydrate (g)	74.2 g	18.6 g
Sugars (g)	8.6 g	2.2 g
Protein (g)	35.3 g	8.8 g
Salt (g)	3.5 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

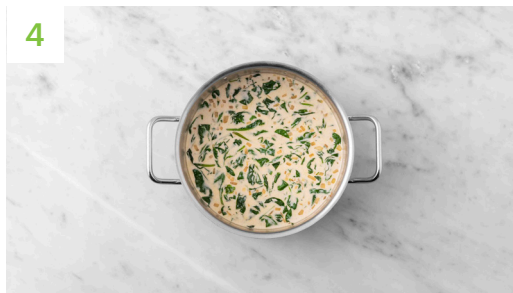


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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Start the Sauce

- Return the pot to medium-high heat with another drizzle of **oil**.
- When hot, fry the **onion** until softened, stirring occasionally, 4-5 mins. Season well with **salt** and **pepper**.
- Add the **garlic, spinach, garam masala** and **stock powder**.
- Fry until the **spinach** is wilted, stirring regularly, 2-3 mins.
- Add the **coconut milk** and 75ml **water** (double for 4p). Simmer for 2-3 mins.



Get Prepped

- Meanwhile, drain the **cheese** and cut into 2cm cubes. Pop into a bowl of cold **water** to soak.
- Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Thinly slice the **chilli** widthways at an angle.
- Roughly chop the **coriander** (stalks and all).

TIP: If you haven't got a blender for this recipe, you'll need to finely chop the spinach.



Ready, Steady, Blend

- Using a blender or food processor, puree the sauce until smooth.
- Return the blended sauce to the pot over medium-high heat.
- Add the **cheese** and **half the coriander**.
- Simmer until everything is warmed through, 2-3 mins.
- Season to taste with **salt** and **pepper**. Add a splash of **water** to loosen the sauce if required.



Fry the Cheese

- Pop the **cheese** cubes onto a plate lined with kitchen paper and pat them dry.
- Place a separate pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **cheese** and fry until golden, shifting often, 4-5 mins.
- Once cooked, remove from the pot and set aside.



Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the silky **spinach** curry.
- Garnish with the sliced **chilli** (use less if you don't like spice).
- Finish with a sprinkling of the remaining **coriander**.

Enjoy!