



20-Min: Indian Butter Chickpeas

with Jasmine Rice & Peas



ca. 20min



2 Servings

This vegetarian version of Indian butter chicken uses chickpeas in place of meat, but the warm richness of the fragrant stew remains. We enrich a tomato-curry sauce with Greek yogurt and simmer chickpeas in it to absorb the flavors. Garnish with homemade fried ginger and serve it over jasmine rice to capture every drop of the curry sauce. You won't want to leave any behind!

What we send

- 5 oz jasmine rice
- 1 yellow onion
- 1 oz fresh ginger
- garlic
- ¼ oz curry powder
- 6 oz tomato paste
- 15 oz can chickpeas
- 4 oz Greek yogurt ⁷
- ¼ oz fresh cilantro
- 2½ oz peas

What you need

- kosher salt & ground pepper
- butter ⁷
- sugar
- neutral oil (for frying)

Tools

- small saucepan
- medium Dutch oven or pot with lid
- microwave

Cooking tip

No microwave? Gently fry the ginger matchsticks in a small skillet with a little oil until golden and fragrant.

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 39g, Carbs 128g, Protein 32g



1. Cook rice & prep

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.

Finely chop **onion**. Peel **ginger** and finely chop 1 teaspoon. Thinly slice remaining ginger into matchsticks. Finely chop **1 teaspoon garlic**.



4. Fry ginger

Meanwhile, in a small microwave-safe bowl, combine **ginger matchsticks** with just enough **oil** to cover (about 4 tablespoons). Heat in microwave until ginger is crisp and just starting to brown, 2-4 minutes. Transfer ginger to paper towel to drain excess oil; season with **a pinch of salt**. Pick **cilantro leaves** from stems; discard stems.



2. Build sauce

Melt **3 tablespoons butter** in a medium Dutch oven or pot over medium-high heat. Add **onions** and cook, stirring, until golden, 5-7 minutes. Stir in **chopped ginger and garlic**, and **1 tablespoon curry powder**; cook until fragrant, about 1 minute. Stir in **2 tablespoons tomato paste** and cook until paste is brick-red, 1-2 minutes.



5. Finish

In a small microwave-safe bowl, microwave **peas** until hot, about 1 minute. Stir **peas** into **rice**.

Spoon **rice** into bowls and top with **butter chickpeas**. Garnish with **cilantro leaves** and **fried ginger**. Enjoy!



3. Simmer chickpeas

To Dutch oven, add **chickpeas and their liquid**, **¼ cup water**, and **a pinch each of salt and pepper**; bring to a boil. Simmer over medium heat until sauce is slightly reduced, 5-6 minutes. Stir in **yogurt** and **½ teaspoon sugar** until combined.



6. Serve

Enjoy!