



**GREEN  
CHEF**

## SWEET POTATO & CHICKPEA CURRY

*jasmine rice with peas, roasted cashews*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

820

### MENU

VEGAN // GLUTEN-FREE

This vegan curry brings together savory, sweet, and rich flavors—all in just 25 minutes. Sweet potatoes and chickpeas are sautéed first until the chickpeas begin to pop. Next, onions and ginger are added to the pan, along with a tomato-based broth seasoned with garam masala and yellow curry powder. The veggies simmer together in the sauce to soak up all the flavors. Coconut milk adds a final touch of creamy richness.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

### INGREDIENTS (11 ITEMS)

½ cup	<b>Jasmine rice</b>
¾ oz	<b>Peas</b>
1¾ oz	<b>Garbanzo beans (chickpeas)</b>
9¼ oz	<b>Sweet potatoes</b>
2 oz & ¼ oz	<b>Yellow onions &amp; ginger</b>
1 whole	<b>Vegetable stock concentrate</b>
1½ oz	<b>Tomato paste</b>
½ tsp	<b>Garam masala</b>
1 tbsp	<b>Yellow curry powder</b>
5 oz	<b>Coconut milk</b> <span>T</span>
½ oz	<b>Roasted cashews</b> <span>T</span>

### WHAT YOU'LL NEED

small pot with lid  
large sauté pan with lid  
measuring cup & spoons  
strainer  
cooking oil  
½ tsp sweetener  
salt & pepper

### ALLERGENS

T TREE NUTS (cashews, coconut)

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Stir in **peas**.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 COOK SWEET POTATOES &amp; CHICKPEAS

- Strain and rinse **garbanzo beans (chickpeas)**.
- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **sweet potatoes** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until sweet potatoes are lightly browned.
- Add **chickpeas** and 2 tablespoons water. Cook 2-3 minutes, or until sweet potatoes begin to soften and chickpeas begin to brown and pop, stirring occasionally.\*

*\*If the pan seems dry while cooking, add another splash of water.*

## 3 START CURRY

- Add **yellow onions and ginger** and 2 tablespoons water to pan with **sweet potatoes and chickpeas**. Cook 1-2 minutes, or until ginger is fragrant, stirring occasionally.
- Add **vegetable stock concentrate, tomato paste, garam masala, 1 tablespoon curry powder**, and ½ teaspoon of your preferred sweetener. Cook 1-2 minutes, or until tomato paste and spices are fragrant, stirring occasionally.

## 4 SIMMER CURRY

- Add 1¼ cups water to pan with **sweet potatoes and chickpeas**. Stir to combine.
- Cover pan with lid. Simmer 5-8 minutes, adding splashes of water as needed if liquid evaporates, until **sweet potatoes** are tender.

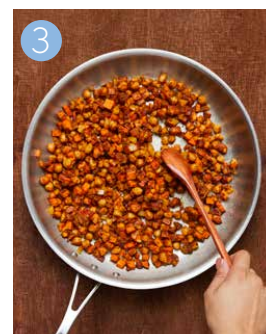
## 5 FINISH CURRY

- Add **coconut milk** to pan with **sweet potatoes and chickpeas**. Cook over medium-low heat for 1-2 minutes, or until coconut milk is heated through, stirring occasionally. Season with salt and pepper to taste.\*

*\*Taste the curry after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

## 6 PLATE YOUR DISH

- Serve **jasmine rice with peas** on one side of each bowl. Spoon **sweet potato and chickpea curry** next to rice. Garnish with **roasted cashews**. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (582g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 28g	36%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1100mg	48%
Total Carbohydrate 122g	44%
Dietary Fiber 18g	64%
Total Sugars 22g	
Includes 2g Added Sugars	4%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 7mg	40%
Potassium 1579mg	35%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## All ingredients in this recipe:

**Jasmine Rice** [jasmine rice], **Peas** [peas], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Garam Masala** [cardamom, cinnamon, clove, cumin, black pepper, coriander], **Yellow Curry Powder** [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Coconut Milk** [coconut milk], **Sweet Potatoes**, **Tomato Paste** [tomato paste, citric acid], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid]

## Allergen information:

Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.