

## **INGREDIENTS**

2 PERSON | 4 PERSON



Chickpeas



4 oz | 8 oz



1/2 Cup | 1 Cup Basmati Rice



3 oz | 6 oz Carrot



Lemon



1 oz 2 oz Golden Raisins



1 TBSP | 2 TBSP Curry Powder



Veggie Stock Concentrate



4 oz | 8 oz Shredded Red Cabbage



41/2 TBSP | 9 TBSP Sour Cream Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



## **HelloCustom**

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz Shrimp Contains: Shellfish

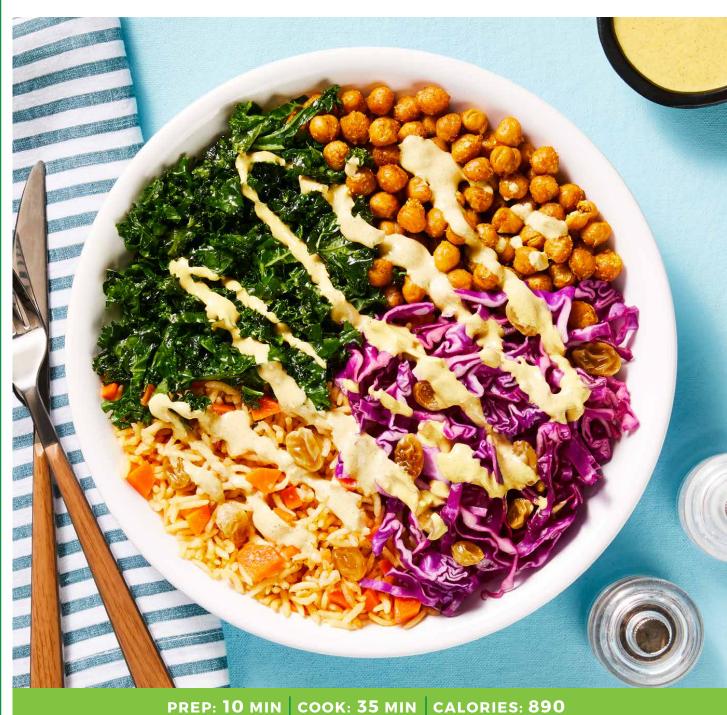


Calories: 1050

Calories: 1100

# **CRUNCHY CURRIED CHICKPEA BOWLS**

with Kale, Golden Raisins & Pickled Cabbage





### HELLO

#### **CURRY POWDER**

This fragrant blend of 10 spices includes turmeric, fenugreek, and cumin.

#### **HERBY EXTRAS**

If you have any fresh parsley or cilantro hanging out in your refrigerator, chop it up and stir it into your rice in step 6.

#### **BUST OUT**

- Strainer
- Baking sheet
- Paper towels
- Small pot
- Peeler
- Medium bowl
- Zester
- Large pan
- 2 Small bowls
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 tsp) (3 (3)
- Butter (3 TBSP | 6 TBSP) Contains: Milk

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- shrimp are fully cooked when internal temperature



#### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Drain and rinse **chickpeas**; dry thoroughly with paper towels. Trim. peel, and quarter **carrot** lengthwise: cut crosswise into 1/4-inch-thick pieces. Zest and quarter lemon. Remove and discard any large stems from kale: finely chop leaves. Place raisins in a small bowl with enough hot water to just cover.



#### **2 ROAST CHICKPEAS**

- Toss **chickpeas** on a baking sheet with a large drizzle of olive oil, half the curry powder (you'll use more in the next step). salt, and pepper.
- Roast on top rack until crispy. 18-20 minutes. (It's natural for chickpeas to pop a bit as they roast.)



#### **3 COOK RICE**

- While chickpeas roast, melt 1 TBSP butter (2 TBSP for 4 servings) in a small pot over high heat. Add carrot and ¼ tsp curry powder (½ tsp for 4). (You'll use the rest of the curry powder in the next step.) Cook, stirring, until fragrant, 1-2 minutes.
- Add rice, 1 cup water (13/4 cups for 4), stock concentrate, and a big pinch of salt. Bring to a boil, then cover and reduce to a low simmer Cook until rice is tender 15-18 minutes. Keep covered off heat until ready to serve.



## **4 PICKLE & MIX DRESSING**

- Meanwhile, in a medium microwave-safe bowl, combine juice from three lemon wedges and 1 tsp sugar (six wedges and 2 tsp sugar for 4 servings); stir to dissolve. Add cabbage and 2 TBSP water (4 TBSP for 4); season with salt and pepper. Microwave for 1 minute. Set aside, tossing occasionally, until ready to serve.
- In a second small bowl, combine sour cream, lemon zest, remaining curry powder, and juice from remaining lemon. Season with salt and pepper. Add water 1 tsp at a time until mixture reaches a drizzling consistency.





#### **5 COOK KALE**

- Heat a large drizzle of olive oil in a large pan over medium-high heat. Add kale and season with salt and pepper. Cook, stirring occasionally, until tender, 5-7 minutes.
- Stir in 1 TBSP butter (2 TBSP for 4 servings) until melted. Remove from heat.
- Use pan used for shrimp or chicken here.



#### **6 FINISH & SERVE**

- Fluff rice with a fork; stir in 1 TBSP butter (2 TBSP for 4 servings) and season with salt and pepper.
- Divide rice between bowls. Top with kale, pickled cabbage (draining first), and **chickpeas** in separate sections. Drain raisins and sprinkle over top (roughly chop first if desired). Drizzle with dressing
- Serve **shrimp** or **chicken** atop **rice** along with veggies and chickpeas.