



CURRIED CAULIFLOWER & CHICKPEA BOWLS

with Rice, Yogurt & Cilantro

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Cauliflower Florets



1 | 1
Onion



1 | 2
Chickpeas



¼ oz | ½ oz
Cilantro



1 TBSP | 2 TBSP
Curry Powder



½ Cup | 1 Cup
Jasmine Rice



1 | 2
Veggie Stock Concentrate



1 tsp | 1 tsp
Garam Masala



5 oz | 10 oz
Curry Sauce Base
Contains: Milk



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



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



HelloCustom

2 PERSON | 4 PERSON

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



1½ Cups | 2½ Cups
Brown Rice

Calories: 870



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 750



HELLO

GARAM MASALA

Cooking these spices in oil—called “blooming”—brings out their flavor.

THE RICE IS RIGHT

The key to tender rice? Simmer until no water remains (no peeking!), then let it sit covered off heat so the moisture redistributes

BUST OUT

- Strainer
- Small pot
- Medium bowl
- Large pan
- Baking sheet
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **cauliflower florets** into bite-size pieces if necessary. Halve, peel, and finely dice **half the onion (whole onion for 4 servings)**. Drain **chickpeas**, reserving **¼ cup liquid (½ cup for 4)**. Pick **cilantro leaves** from stems.



2 ROAST CAULIFLOWER

- In a medium bowl, toss **cauliflower** with a **large drizzle of olive oil**, **curry powder**, and a **couple big pinches of salt** until coated.
- Spread cauliflower out on a baking sheet; roast on top rack until tender, 20-25 minutes.



3 COOK RICE

- In a small pot, combine **rice**, **stock concentrate**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.

- Swap in **brown rice** for jasmine rice; use **1¾ cups water (3½ cups for 4)** and a **pinch of salt**. Cook for 20-25 minutes. **(Save jasmine rice for another use.)**



4 START CHICKPEA CURRY

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and a **pinch of salt and pepper**; cook, stirring occasionally, until lightly browned, 4-5 minutes.
- Add **chickpeas** and **half the garam masala (all for 4 servings)**; cook, stirring occasionally, until fragrant, 1-2 minutes.



5 FINISH CHICKPEA CURRY

- Stir in **curry sauce base**, **reserved chickpea liquid**, **½ tsp sugar (1 tsp for 4 servings)**, and **¼ cup water (½ cup for 4)** to pan with **chickpeas**. Cook, stirring occasionally, until thickened, 1-2 minutes.
- Remove from heat; stir in **2 TBSP butter (4 TBSP for 4)** until melted. Taste and generously season with **salt and pepper**.



6 SERVE

- Fluff **rice** with a fork; divide between one side of each bowl. Serve **chickpea curry** next to rice. Arrange **cauliflower** in the middle. Drizzle with **yogurt**. Sprinkle with **cilantro leaves** and serve.