



CRUNCHY CURRIED CHICKPEA BOWLS

with Kale, Golden Raisins & Pickled Cabbage

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



3 oz | 6 oz
Carrot



1 | 2
Lemon



4 oz | 8 oz
Kale



1 oz | 2 oz
Golden Raisins



1 TBSP | 2 TBSP
Curry Powder



½ Cup | 1 Cup
Basmati Rice



1 | 2
Veggie Stock
Concentrate



4 oz | 8 oz
Shredded Red
Cabbage



4½ TBSP | 9 TBSP
Sour Cream
Contains: Milk



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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



10 oz | 20 oz
Diced Chicken
Thighs
Calories: 1100



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 890



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
- Paper towels
- Peeler
- Zester
- 2 Small bowls
- Baking sheet
- Small pot
- Medium bowl
- Large pan

- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 tsp) 🍳 🍳
- Butter (3 TBSP | 6 TBSP)
Contains: Milk

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🍳 *Shrimp are fully cooked when internal temperature reaches 145°.

🍳 *Chicken is fully cooked when internal temperature reaches 165°.



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 ¼-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**.



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.

- 🍳 Rinse **shrimp*** under cold water. Pat shrimp or **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **large drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken; cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



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.)



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.



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** (1¾ 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.



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** and serve.

🍳 Serve **shrimp** or **chicken** atop **rice** along with **veggies** and **chickpeas**.