



5

CRUNCHY CURRIED CHICKPEA BOWLS

with Kale, Golden Raisins & Pickled Cabbage



PREP: 10 MIN COOK: 35 MIN CALORIES: 860



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

Baking sheet

Large pan

- Strainer
- Paper towels
 - Small pot Medium bowl
- Peeler Zester
- 2 Small bowls
- 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

MORE IS MORE

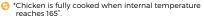
If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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Shrimp are fully cooked when internal temperature reaches 145°





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 guarter 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 (1/2 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 (134 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 **iuice 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 crema. lemon zest, remaining curry powder, and juice from remaining lemon. Season with salt and pepper.
- Rinse **shrimp*** under cold water. Pat 6
- Ø 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.



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.
- S 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 and serve.
- Serve shrimp or chicken atop rice along with veggies and chickpeas.



