



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



6 oz | 12 oz
Cauliflower Rice



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
Crema
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
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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: 1020



10 oz | 20 oz
Diced Chicken Thighs
Calories: 1090



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 880



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

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°.

🍷 *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 **crema**, **lemon zest**, **remaining curry powder**, and juice from remaining lemon. Season with **salt** and **pepper**.

- 🍷 🍷 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**, **cauliflower rice**, 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 mixture** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings) and season with **salt** and **pepper**.
- Divide rice mixture 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**.