

INGREDIENTS

2 PERSON | 4 PERSON



Chickpeas





1/2 Cup | 1 Cup Basmati Rice



3 oz | 6 oz





Golden Raisins



Curry Powder



Veggie Stock Concentrate



4 oz | 8 oz Shredded Red Cabbage



Crema





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



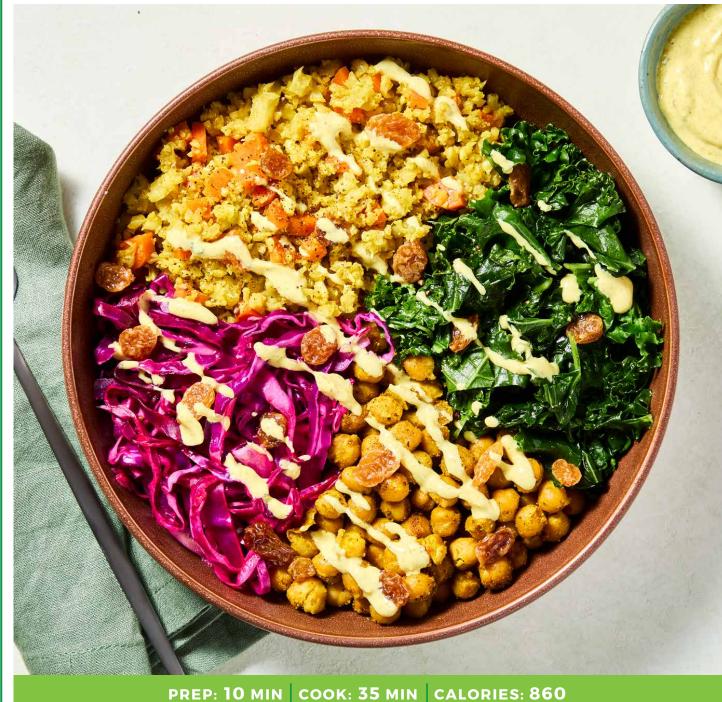
10 oz | 20 oz Diced Chicken Thighs

Galories: 1000

Calories: 1070

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 Small pot

Medium bowl

- Paper towels
- Peeler
- 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) 😉 😉
- 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
- *Chicken is 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 14-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.)



- 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 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.





- 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
- Stir in 1 TBSP butter (2 TBSP for 4 servings) until melted. Remove from heat.

occasionally, until tender, 5-7 minutes.

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.