



SPICED CAULIFLOWER WITH CHICKPEA CURRY

plus 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 tsp | 1 tsp
Garam Masala



5 oz | 10 oz
Curry Sauce Base
Contains: Milk



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



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HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 930



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 730



HELLO FRESH

HELLO

GARAM MASALA

A versatile, warming, and earthy Indian spice blend

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) (1 tsp | 1 tsp)
 - Sugar (½ tsp | 1 tsp)
 - Butter (2 TBSP | 4 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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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

- Meanwhile, in a small pot, combine **rice**, **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.

- While rice cooks, open package of **chicken*** and drain off any excess liquid; season with **salt** and **pepper**. In a large pan, heat a **drizzle of oil** over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



4 START 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.

- Use pan used for chicken here.



5 FINISH 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 season with **salt** and **pepper**.



6 SERVE

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

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