

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves Garlic



Chickpeas



Tomato Paste



1 tsp | 2 tsp Garam Masala



2 TBSP | 4 TBSP Yogurt



1/4 oz | 1/4 oz

Cilantro



Bell Pepper*



½ Cup | 1 Cup Basmati Rice



1 TBSP | 2 TBSP Curry Powder



Coconut Milk **Contains: Tree Nuts**

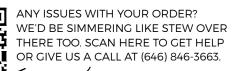


Veggie Stock Concentrate

1 tsp | 2 tsp

Paprika





*The ingredient you received may be a different color.



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** Chopped Chicken Breast



Calories: 1000

INDIAN-STYLE CHICKPEA COCONUT CURRY

Served with Basmati Rice & Topped with Yogurt



PREP: 10 MIN COOK: 30 MIN CALORIES: 820



HELLO

GARAM MASALA

A warming Indian spice blend that includes cumin and ginger.

SOME LIKE IT HOT

If you can't imagine your curry without a spicy kick, feel free to add a dash of hot sauce or a pinch of chili flakes along with the other spices in Step 3.

BUST OUT

- Strainer
- Medium pot
- Small pot
- Paper towels 😉
- Kosher salt
- · Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (1/2 tsp | 1 tsp)
- Butter (2 TBSP | 3 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

HOW WAS YOUR MEAL?



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- *Shrimp are fully cooked when internal temperature reaches 145°.
- \$\text{*Chicken is fully cooked when internal temperature reaches 165°}



1 PREP

- · Wash and dry produce.
- Peel and mince garlic. Halve, peel, and finely dice half the onion (whole onion for 4 servings). Core, deseed, and finely dice bell pepper. Drain and rinse chickpeas. Finely chop cilantro.



3 COOK CURRY

- Heat a drizzle of oil in a medium pot over medium-high heat.
 Add onion and bell pepper; cook until softened and lightly browned. 3-5 minutes.
- Stir in tomato paste, curry powder, paprika, half the garam masala, and remaining garlic until fragrant, 1 minute. TIP: Love the earthy warmth of garam masala? Add more if you like!
- Stir in chickpeas, coconut milk, stock concentrate, ¼ cup water, and ½ tsp sugar. (For 4 servings, use ⅓ cup water and 1 tsp sugar.) Bring to a simmer, then reduce heat to low; cook until thickened, stirring occasionally, 4-5 minutes. TIP: If curry seems too thick, stir in a splash of water.
- Remove from heat; stir in 1 TBSP butter (2 TBSP for 4) until melted. Season generously with salt and pepper.
 - Rinse **shrimp*** under cold water and pat dry with paper towels or open package of **chicken*** and drain off any excess liquid; season with **salt** and **pepper**. Add shrimp or chicken to pot along with **onion**. Cook, stirring occasionally, until cooked through, 4-6 minutes. Cook through the rest of this step as instructed.



- Melt 1 TBSP butter in a small pot over medium-high heat. Add half the garlic and cook until fragrant, 30 seconds.
- Add rice, ¾ cup water (1½ cups for 4 servings), and a big 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.



4 FINISH & SERVE

- Fluff rice with a fork; season with salt and pepper.
- Divide rice between bowls. Top with curry. Dollop with yogurt.
 Garnish with cilantro and serve.