



INDIAN-STYLE CHICKPEA COCONUT CURRY

Served with Basmati Rice & Topped with Yogurt

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



1 | 1
Onion



1 | 2
Bell Pepper*



1 | 2
Chickpeas



¼ oz | ¼ oz
Cilantro



½ Cup | 1 Cup
Basmati Rice



1 | 2
Tomato Paste



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 2 tsp
Paprika



1 tsp | 2 tsp
Garam Masala



1 | 2
Coconut Milk
Contains: Tree Nuts



1 | 2
Veggie Stock
Concentrate



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*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
Calories: 920



10 oz | 20 oz
Chopped Chicken
Breast
Calories: 1000



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 (½ 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 refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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^{🇺🇸} *Shrimp are fully cooked when internal temperature reaches 145°.

^{🇺🇸} *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.



2 COOK RICE

- 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.