



# VEGAN CURRIED ROASTED CHICKPEA BOWLS

with Carrots, Spiced Basmati & Red Pepper Chutney

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



12 oz | 24 oz  
Carrots



1 | 2  
Red Onion



1 Thumb | 2 Thumbs  
Ginger



1 TBSP | 2 TBSP  
Curry Powder



1 tsp | 2 tsp  
Garlic Powder



1 tsp | 2 tsp  
Garam Masala



½ Cup | 1 Cup  
Basmati Rice



2 | 4  
Veggie Stock Concentrates



¼ oz | ½ oz  
Cilantro



1 | 2  
Red Pepper Jam



5 tsp | 5 tsp  
White Wine Vinegar



4 TBSP | 8 TBSP  
Vegan Mayonnaise



4 oz | 8 oz  
Peas



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.



## 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  
Chicken Cutlets

Calories: 1190



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 1000



HELLO

### CHUTNEY

Our quick spin on this tasty condiment that can be sweet or savory, fruity or herbaceous, or all of the above!

### DRY, DRY AGAIN

After draining, pat chickpeas as dry as possible with paper towels so they crisp up in the oven.

### BUST OUT

- Strainer
- Paper towels
- Peeler
- Baking sheet
- Small pot
- 2 Small bowls
- Large pan <sup>\$</sup>
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) <sup>\$</sup>
- Olive oil (4 tsp | 7 tsp)
- Sugar (½ tsp | 1 tsp)

### 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.*

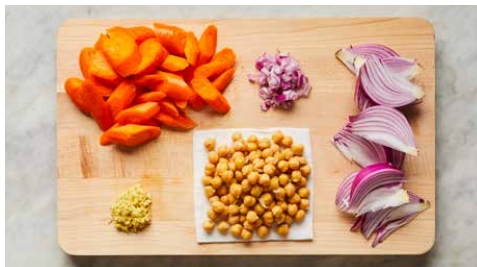
### HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



### 1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; pat very dry with paper towels.
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces (**halve lengthwise first if carrots are on the larger side**). Halve, peel, and slice **onion** into ½-inch-thick wedges; mince a few wedges until you have 2 TBSP (4 TBSP for 4 servings). Peel and mince or grate **ginger** until you have 1 tsp (2 tsp for 4).



### 2 ROAST CHICKPEAS & VEGGIES

- Toss **chickpeas, carrots, and onion wedges** on a baking sheet with a **large drizzle of oil, curry powder, salt, and pepper.**
- Roast on top rack until chickpeas are crispy and veggies are tender, 18-22 minutes.



### 3 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **ginger, half the minced onion, ¾ tsp garlic powder, ¾ tsp garam masala, and a big pinch of salt** (for 4 servings, use 1½ tsp garlic powder and 1½ tsp garam masala). (You'll use the rest of the garlic powder and garam masala later.) Cook, stirring, until fragrant, 1 minute.
- Add **rice, stock concentrates, and ¾ cup water** (1½ cups for 4). Bring to a boil, then reduce heat to low. Cover and cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

- <sup>\$</sup> While rice cooks, pat **chicken\*** dry with paper towels and season all over with **salt and pepper.** Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest.



### 4 FINISH PREP & MAKE CHUTNEY

- Mince **cilantro**; transfer to a small bowl.
- Add **red pepper jam, remaining minced onion, remaining garlic powder, 1 TBSP olive oil, and ½ TBSP vinegar** (2 TBSP olive oil and 1 TBSP vinegar for 4 servings) to bowl.
- Stir to combine; season with **salt and pepper.**



### 5 MAKE CURRY SAUCE

- In a second small bowl, combine **mayonnaise, remaining garam masala, ½ tsp vinegar** (1 tsp for 4 servings), and **½ tsp sugar** (1 tsp for 4). (**Be sure to measure the vinegar—we sent more!**)
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt and pepper** to taste.



### 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **peas** and a **drizzle of olive oil.** Taste and season with **salt and pepper** if desired.
- Divide **rice and peas** between bowls; top with **chickpeas and veggies.** Drizzle with **chutney and curry sauce.** Serve.
- <sup>\$</sup> When cool enough to handle, thinly slice **chicken** crosswise. Top **rice and peas** with chicken along with **chickpeas and veggies.**

<sup>\$</sup> \*Chicken is fully cooked when internal temperature reaches 165°.