



# VEGAN CURRIED ROASTED CHICKPEA BOWLS

with Carrots, Spiced Basmati & Red Pepper Chutney

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



4 oz | 8 oz  
Peas



12 oz | 24 oz  
Carrots



1 Thumb(s) | 2 Thumb(s)  
Ginger



1 TBSP | 2 TBSP  
Curry Powder



1 tsp | 2 tsp  
Garlic Powder



1 tsp | 2 tsp  
Garam Masala



¼ oz | ½ oz  
Cilantro



1 | 2  
Red Pepper Jam



5 tsp | 5 tsp  
White Wine Vinegar



1 | 2  
Red Onion



½ Cup(s) | 1 Cup(s)  
Basmati Rice



2 | 4  
Veggie Stock  
Concentrates



4 TBSP | 8 TBSP  
Vegan Mayonnaise



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

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: 1170



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 1340



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 980



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
- Kosher Salt
- Black Pepper
- Cooking Oil
- Olive Oil
- Sugar

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

### HOW WAS YOUR MEAL?



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### 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.

- While the rice cooks, pat **chicken\*** or **salmon\*** dry with paper towels; season with **salt and pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until browned and cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. 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.
- When cool enough to handle, thinly slice **chicken** crosswise (**skip slicing salmon!**). Top **rice and peas** with chicken or **salmon** along with **chickpeas and veggies**.

\*Poultry is fully cooked when internal temperature reaches 165°.

\*Fish is fully cooked when internal temperature reaches 145°.