



CURRIED CHICKPEA & BUTTERNUT SQUASH STEW

with Buttery Cilantro Pitas & Sour Cream

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



1 | 2
Chickpeas



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 2 tsp
Garlic Powder



¼ oz | ½ oz
Cilantro



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



8 oz | 16 oz
Butternut Squash



2 | 4
Veggie Stock
Concentrates



2 | 4
Pitas
Contains: Wheat,
Sesame



½ Cup(s) | 1 Cup(s)
Basmati Rice



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.



HELLO

CILANTRO

Both the leaves and stems are full of flavor—finely chop the stems before adding them to your dish!



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 910



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

- Small pot
 - Medium pot
 - Kosher Salt
 - Black Pepper
 - Cooking Oil
 - Butter
- Contains: Milk

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.

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1 COOK RICE

- In a small pot, combine **rice**, **half the stock concentrates**, and **¾ cup water (1½ cups for 4 servings)**. Bring to a boil, then reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



2 START PREP

- While rice cooks, **wash and dry produce**.
- Halve, peel, and dice **onion** into ½-inch pieces.



3 COOK STEW

- Heat a **drizzle of oil** in a medium pot (**large pot for 4 servings**) over medium-high heat. Add **onion**, **squash**, and **½ tsp salt (1 tsp for 4)**. Cook, stirring occasionally, until veggies are slightly softened and browned, 3-5 minutes.
- Stir in **chickpeas and their liquid**, **curry powder**, **garlic powder**, **remaining stock concentrate**, and **½ cup water (1 cup for 4)**. Bring to a boil, then reduce to a simmer. Cook, stirring occasionally and lightly mashing squash and chickpeas with a spoon, until squash is tender and liquid has slightly reduced, 8-10 minutes.
- Taste and season with **salt** and **pepper** if desired.



4 FINISH PREP

- While stew cooks, roughly chop **cilantro**.



5 TOAST & BUTTER PITAS

- Toast **pitas** until golden brown; spread with **1 TBSP butter (2 TBSP for 4 servings)**. Sprinkle pitas with **half the cilantro** and a **pinch of salt**. Cut into quarters.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)**.
- Divide rice and **stew** between shallow bowls in separate sections. Top stew with a **dollop of sour cream** and **remaining cilantro**. Serve with **buttery cilantro pitas** on the side.