



CURRIED CHICKPEA FRITTERS

with Spinach Rice Pilaf, Pickled Raisins & Creamy Garlic Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



82 g | 164 g
Tempura
Batter Mix
Contains: Eggs,
Milk, Wheat



1 | 1
Red Onion



1 TBSP | 2 TBSP
Curry Powder



2 | 2
Scallions



½ Cup | 1 Cup
Basmati Rice



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



1 | 1
Lemon



1 Clove | 2 Cloves
Garlic



1 oz | 2 oz
Golden Raisins



2½ oz | 5 oz
Spinach



½ oz | 1 oz
Cashews
Contains: Tree Nuts



1 | 2
Veggie Stock
Concentrate



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Breast
Strips
Calories: 1170



9 oz | 18 oz
Italian Chicken
Sausage Mix
Calories: 1240



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 980



HELLO

CURRY POWDER

This fragrant blend of 10 spices includes turmeric, fenugreek, and cumin.

'PEAS OF MY HEART

As you make your batter, you'll mash until almost smooth. The combo of textures will help the fritters hold their shape.

BUST OUT

- Medium bowl
- Potato masher
- Strainer
- Large pan
- Small pot
- Slotted spoon
- 2 Small bowls
- Paper towels

- Kosher salt
- Black pepper
- Cooking oil (for frying)
(1 tsp | 1 tsp) 🍳 🍳
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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🍳 *Chicken is fully cooked when internal temperature reaches 165°.

🍳 *Chicken Sausage is fully cooked when internal temperature reaches 165°.



1 PREP

- Wash and dry produce.
- Halve, peel, and finely dice **onion** until you have 1 cup; mince remaining onion until you have 2 TBSP and set aside in a medium bowl for step 4. (For 4 servings, finely dice whole onion; mince diced onion until you have 4 TBSP.) Trim and thinly slice **scallions**, separating whites from greens. Roughly chop **spinach**. Quarter **lemon**. Peel and mince **garlic**. Drain and rinse **chickpeas**.



4 MAKE BATTER

- Add **chickpeas** to bowl with **minced onion**. Mash chickpeas with a potato masher or fork until almost smooth. (It's OK if there are still some larger pieces.)
- Stir in **tempura mix**, **scallion greens**, **remaining garlic**, **½ cup water** (⅔ cup for 4 servings), and **2 tsp curry powder** (4 tsp for 4; be sure to measure) until evenly combined. Season with **salt** (we used ¾ tsp; 1½ tsp for 4) and **pepper**. TIP: Batter should be thick but not dry—add more water 1 TBSP at a time if necessary.

- 🍳 Pat **chicken*** dry with paper towels and season with **salt** and **pepper**. Heat a **drizzle of oil** in a large, heavy-bottomed pan over medium-high heat. Add chicken or **sausage*** and cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



2 COOK RICE PILAF

- Melt **1 TBSP butter** in a small pot over medium-high heat (use **2 TBSP butter and a medium pot for 4 servings**). Add **diced onion**, **scallion whites**, **cashews**, and a **pinch of salt**. Cook, stirring, 1 minute.
- Stir in **rice**, **stock concentrate**, **¾ cup water** (1½ cups for 4), 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. Turn off heat.
- Add **spinach**. Cover until wilted, about 2 minutes; stir to combine.



5 COOK FRITTERS

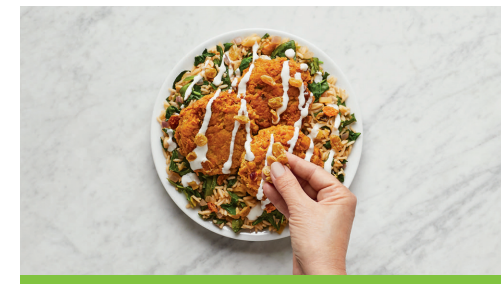
- Heat a **½-inch layer of oil** in a large, heavy-bottomed pan over medium-high heat. Once oil is hot enough that a **drop of batter** sizzles when added to the pan, add **¼-cup scoops of batter**. (TIP: You may need to work in batches. Carefully drop your batter close to the oil to avoid splatter.) Cook until golden brown and crisp, 3-4 minutes per side.
- Using a slotted spoon, transfer **fritters** to a paper-towel-lined plate. Season with a **pinch of salt**.

- 🍳 Use pan used for chicken or sausage here.



3 SOAK RAISINS & MIX SAUCE

- While rice cooks, place **raisins** in a small bowl (roughly chop any large raisins if necessary). Add **juice from one lemon wedge** (two wedges for 4 servings), a **pinch of salt**, and enough **hot water to just cover**. Set aside to pickle.
- In a separate small bowl, combine **sour cream**, **yogurt**, a **squeeze of lemon juice**, and a **pinch of garlic** to taste. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



6 SERVE

- Divide **rice pilaf** between plates and top with **chickpea fritters**. Drizzle with **creamy garlic sauce** and as many **pickled raisins** (draining first) as you like. Serve with any **remaining lemon wedges** on the side.

- 🍳 Top rice with **chicken** or **sausage**.