



CRUNCHY CURRIED CHICKPEA BOWLS











with Golden Raisins and Pickled Cabbage



HELLO CURRIED CHICKPEAS

A fragrant blend of 10 spices, including turmeric, fenugreek, and cumin, adds rich aroma and flavor to crunchy roasted chickpeas.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 890**

-  Kale
-  Curry Powder
-  Shredded Red Cabbage
-  Carrot
-  Veggie Stock Concentrate
-  Chickpeas
-  Sour Cream (Contains: Milk)
-  Lime
-  Golden Raisins
-  Basmati Rice

START STRONG

If you have any fresh parsley or cilantro hanging out in your refrigerator, chop it up and stir into your rice in step 6. This simple, flavorful trick is one of our favorite ways to use up leftover herbs.

BUST OUT

- Strainer
- Paper towels
- Peeler
- Zester
- 2 Small bowls
- Baking sheet
- Olive oil (4 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (3 TBSP | 6 TBSP)
(Contains: Milk)
- Small pot
- Medium bowl
- Large pan
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Chickpeas **13.4 oz | 26.8 oz**
- Kale **4 oz | 8 oz**
- Carrot **3 oz | 6 oz**
- Lime **1 | 2**
- Golden Raisins **1 oz | 2 oz**
- Curry Powder **1 TBSP | 2 TBSP**
- Basmati Rice **½ Cup | 1 Cup**
- Veggie Stock Concentrate **1 | 2**
- Shredded Red Cabbage **4 oz | 8 oz**
- Sour Cream **6 TBSP | 12 TBSP**

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP

Preheat oven to 425 degrees. **Wash and dry all produce.** Drain and rinse **chickpeas**; thoroughly pat dry with paper towels. Remove any large ribs from **kale**; finely chop. Trim, peel, and quarter **carrot** lengthwise; cut crosswise into ¼-inch-thick pieces. Zest and quarter **lime**. Place **raisins** in a small bowl with enough **hot water** to just cover.



4 PICKLE CABBAGE AND MAKE DRESSING

Meanwhile, add **1 tsp sugar** and juice from **3 lime wedges** (2 tsp sugar and 6 lime wedges for 4 servings) to a medium microwave-safe bowl; stir to dissolve. Add **cabbage** and **2 TBSP water** (4 TBSP for 4); season with **salt** and **pepper**. Microwave for 1 minute. Set aside, tossing occasionally. In a second small bowl, combine **sour cream**, **lime zest**, remaining **curry powder**, and juice from remaining **lime**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.

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2 ROAST CHICKPEAS

Toss **chickpeas** on a baking sheet with a large drizzle of **olive oil**, **salt**, **pepper**, and half the **curry powder**. Roast on top rack until crispy, 18-20 minutes. **TIP:** It's natural for chickpeas to pop a bit when they roast.



5 COOK KALE

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **kale** and season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 5-7 minutes. Stir in **1 TBSP butter** (2 TBSP for 4 servings) until melted. Remove from heat.



3 COOK RICE

Meanwhile, heat a small pot over high heat. Add **carrot**, **1 TBSP butter** (2 TBSP for 4 servings), and **¼ tsp curry powder** (½ tsp for 4); cook, stirring, until fragrant, 1-2 minutes. Add **rice**, **1 cup water** (1¾ cups for 4), **stock concentrate**, and a big pinch of **salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until tender, 15-18 minutes. Keep covered off heat.



6 FINISH AND SERVE

Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings) and season with **salt** and **pepper**. Divide between bowls. Drain **raisins**. Top rice with **kale**, **cabbage**, and **chickpeas**. Sprinkle with **raisins**, roughly chopping first if you prefer. Drizzle with **dressing** and serve.

CRUNCH TIME

Roasted chickpeas are great as a garnish or as a snack! Next time, try seasoning them with chipotle powder.

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