



CURRY-SPICED CHICKPEA BOWLS

with Roasted Veggies, Cucumber Raita & Garlic Basmati Rice

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



6 oz | 12 oz
Carrots



1 | 1
Red Onion



1/2 Cup | 1 Cup
Basmati Rice



1 | 2
Veggie Stock Concentrate



13.4 oz | 26.8 oz
Chickpeas



1 TBSP | 2 TBSP
Curry Powder



4 oz | 8 oz
Grape Tomatoes



1 | 2
Persian Cucumber



1/4 oz | 1/4 oz
Cilantro



1 | 1
Lemon



1 | 1
Chili Pepper



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk

HELLO

CUCUMBER RAITA

This creamy, tangy, refreshing condiment is designed to cool the palate.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 650



MAKE IT GRAIN

Fluffing rice before serving is a simple (but essential!) step. Why go to the trouble? A fork helps make sure each grain keeps its individual texture, yielding light and tender results (the way it's meant to be).

BUST OUT

- Peeler
- Strainer
- Paper towels
- Baking sheet
- Small pot
- Box grater
- Zester
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)

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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel and mince **garlic**. Trim, peel, and slice **carrots** on a diagonal into ½-inch-thick pieces. Halve and peel **onion**; cut one half (**whole onion for 4**) into ½-inch-thick wedges. Mince a few wedges until you have 1 TBSP (2 TBSP for 4).



4 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic**; cook, stirring, for 30 seconds.
- Stir in **rice, stock concentrate, ¾ cup water (1½ cups for 4 servings)**, and a **big pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



2 SEASON CHICKPEAS

- Drain and rinse **chickpeas**; thoroughly pat dry with paper towels.
- Toss on one side of a baking sheet with a **drizzle of oil, half the curry powder** (you'll use more later), **salt**, and **pepper**. (**For 4 servings, spread chickpeas out across entire sheet.**)



5 MAKE RAITA

- While rice cooks, trim **cucumber**; grate on the largest holes of a box grater. Finely chop **cilantro**. Zest and quarter **lemon**. Mince **chili**.
- In a small bowl, combine cucumber, **minced onion, yogurt, sour cream, half the cilantro, and ¼ tsp curry powder (½ tsp for 4 servings)**. (Be sure to measure the curry powder—we sent more.) Add a pinch of chili if desired. Add a **squeeze of lemon juice** and season with **salt**.



3 ROAST

- Toss **carrots, onion wedges, and tomatoes** on empty side of same sheet with a **drizzle of oil, salt**, and **pepper**. (**For 4 servings, toss veggies on a second sheet; roast chickpeas on top rack and veggies on middle rack.**)
- Roast on top rack until veggies are tender and **chickpeas** are crispy, 20-25 minutes. **TIP: It's natural for chickpeas to pop a bit when they roast.**



6 FINISH & SERVE

- Toss **veggies** with **lemon zest** and a **squeeze of lemon juice**.
- Fluff **rice** with a fork and season with **salt** and **pepper**. **TIP: For extra richness, stir in 1 TBSP butter (2 TBSP for 4 servings).**
- Divide rice, veggies, and **chickpeas** between shallow bowls. Top with **raita** and **remaining cilantro**. Serve with **remaining lemon wedges** on the side.