

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz Cauliflower Florets



Yellow Onion



Chickpeas



¼ oz | ½ oz Cilantro



1 TBSP | 2 TBSP Curry Powder



1/2 Cup | 1 Cup Jasmine Rice



1 tsp | 1 tsp Garam Masala



5 oz | 10 oz Curry Sauce Base Contains: Milk



2 TBSP | 4 TBSP Yogurt Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER 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 Shrimp Contains: Shellfish



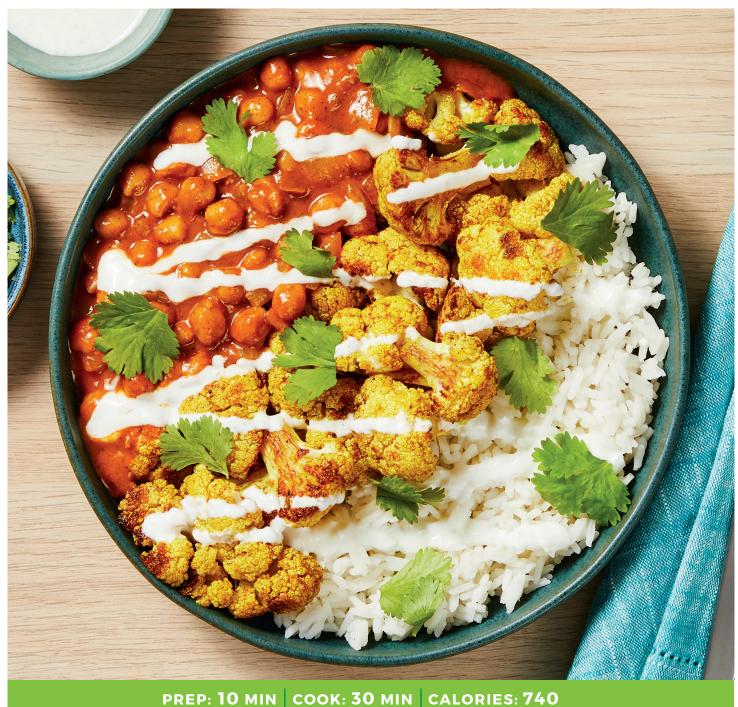
10 oz | 20 oz Chicken Breast Strips



G Calories: 940

CAULIFLOWER & CHICKPEA TIKKA MASALA

with Rice, Yogurt & Cilantro





HELLO

GARAM MASALA

A versatile, warming, and earthy Indian spice blend

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

- Strainer
- Small pot
- Medium bowl
- Large pan
- · Baking sheet
- Paper towels 🕏 🕞
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) 😉 😉
- Sugar (1/2 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
 Contains: Milk

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- (5) *Shrimp are fully cooked when internal temperature reaches 145°.
- (5) *Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Cut cauliflower florets into bite-size pieces if necessary. Halve, peel, and finely dice half the onion (whole onion for 4 servings). Drain chickpeas, reserving ¼ cup liquid (½ cup for 4).
 Pick cilantro leaves from stems.



2 ROAST CAULIFLOWER

- In a medium bowl, toss cauliflower with a large drizzle of olive oil, curry powder, and a couple big pinches of salt until coated.
- Spread cauliflower out on a baking sheet; roast on top rack until tender, 20-25 minutes.
- Rinse shrimp* under cold water. Pat
 shrimp or chicken* dry with paper

towels and season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken in a single layer; cook, stirring occasionally, until cooked through, 3-5 minutes for shrimp, or 4-6 minutes for chicken. Turn off heat; transfer to a plate. Wipe out pan.



3 COOK RICE

- In a small pot, combine rice, 3/4 cup water (1½ cups for 4 servings), and a pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender. 15-18 minutes.
- Keep covered off heat until ready to serve.



4 START TIKKA MASALA

- Heat a drizzle of oil in a large pan over medium-high heat. Add onion and a pinch of salt and pepper; cook, stirring occasionally, until lightly browned, 4-5 minutes.
- Add chickpeas and half the garam masala (all for 4 servings); cook, stirring occasionally, until fragrant, 1-2 minutes.
- Use pan used for shrimp orchicken here.



5 FINISH TIKKA MASALA

- Stir in curry sauce base, reserved chickpea liquid, ½ tsp sugar (1 tsp for 4 servings), and ¼ cup water (½ cup for 4) to pan with chickpeas. Cook, stirring occasionally, until thickened, 1-2 minutes.
- Remove from heat; stir in 2 TBSP butter (4 TBSP for 4) until melted. Taste and season with salt and pepper.
- Stir **shrimp** or **chicken** into pan with **chickpeas**.



6 SERVE

 Fluff rice with a fork; divide between one side of each bowl. Serve tikka masala next to rice. Arrange cauliflower in the middle. Drizzle with yogurt. Sprinkle with cilantro leaves and serve.