



VEGAN CHICKPEA COCONUT CURRY

with Green Beans, Basmati Rice & Cilantro

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Basmati Rice



6 oz | 12 oz
Green Beans



1 | 2
Onion



1 Thumb | 2 Thumbs
Ginger



1 Clove | 2 Cloves
Garlic



¼ oz | ½ oz
Cilantro



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 1 tsp
Garam Masala



1 | 2
Chickpeas



1 | 2
Coconut Milk
Contains: Tree Nuts



2 | 4
Veggie Stock
Concentrates



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

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HelloCustom instructions on the flip side of this card.



12 oz | 24 oz
Cauliflower Rice

Calories: 650



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 710



HELLO

GARAM MASALA

A warming Indian spice blend featuring cumin, coriander, cardamom, cinnamon, and ginger

IN FULL BLOOM

In Step 3, you'll cook the spices in oil a minute before adding liquid (called "blooming"); this helps bring out their full flavors.

BUST OUT

- Small pot
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
(1 tsp | 1 tsp) Ⓢ
- Sugar (½ tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP) Ⓢ
Contains: Milk

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1 COOK RICE

- In a small pot, combine **rice**, **¾ cup water** (1½ cups for 4 servings), and a **pinch of salt**. Bring to a boil; cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

- Ⓢ Heat a **drizzle of oil** in a small pot over medium-high heat. Add **cauliflower rice** (no need to drain) and a **pinch of salt**. Cook, stirring occasionally, until softened and any excess liquid has absorbed, 6-8 minutes. Turn off heat; stir in **1 TBSP butter** (2 TBSP for 4 servings) until melted. Keep covered off heat until ready to serve. (Save basmati rice for another use.)



3 COOK CURRY

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green beans**, **onion**, **salt**, and **pepper**. Cook, stirring occasionally, until veggies are softened, 4-6 minutes.
- Stir in **minced ginger**, **garlic**, **curry powder**, and **half the garam masala** (all for 4 servings). Cook, stirring, until fragrant, 1 minute.
- Stir in **chickpeas and their liquid**, **coconut milk** (thoroughly shake in container before opening), **stock concentrates**, and **½ tsp sugar** (1 tsp for 4). Bring to a simmer, then reduce heat to low; cook, stirring occasionally, until thickened, 4-5 minutes. (TIP: If curry seems too thick, stir in a splash of water.) Taste and season with **salt** and **pepper** if desired.



2 PREP

- **Wash and dry produce.**
- Trim **green beans** if necessary; halve crosswise. Halve, peel, and thinly slice **onion**. Peel and mince or grate **ginger** until you have 1 tsp (2 tsp for 4 servings). Peel and mince or grate **garlic**. Roughly chop **cilantro**.



4 SERVE

- Fluff **rice** with a fork.
- Divide rice and **curry** between bowls; garnish with **cilantro**. Serve.