

INGREDIENTS

2 PERSON | 4 PERSON



1/2 Cup | 1 Cup Basmati Rice



Green Beans



Onion



1 Thumb | 2 Thumbs | 1 Clove | 2 Cloves





¼ oz | ½ oz Cilantro



1 TBSP | 2 TBSP Curry Powder



Garam Masala



Chickpeas



Coconut Milk **Contains: Tree Nuts**



Veggie Stock Concentrates



ANY ISSUES WITH YOUR ORDER? THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

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



12 oz | 24 oz S Cauliflower Rice



VEGAN CHICKPEA COCONUT CURRY

with Green Beans, Basmati Rice & Cilantro



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 (1/2 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP) (5)

GET SOCIAL

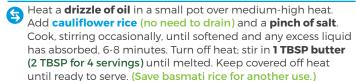
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1 COOK RICE

 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.





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.



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 1/2 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.



4 SERVE

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