



COCONUT CURRY WITH CHICKPEAS

Served with Basmati Rice & Topped with Yogurt

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



1 | 1
Onion



1 | 2
Bell Pepper*



1 | 2
Chickpeas



¼ oz | ¼ oz
Cilantro



½ Cup | 1 Cup
Basmati Rice



1 | 2
Tomato Paste



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 2 tsp
Paprika



1 tsp | 2 tsp
Garam Masala



1 | 2
Coconut Milk
Contains: Tree Nuts



1 | 2
Veggie Stock
Concentrate



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!

*The ingredient you received may be a different color.



HelloCustom

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



10 oz | 20 oz
Chopped Chicken Breast

Calories: 990



10 oz | 20 oz
Ground Turkey

Calories: 1030



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 820



HELLO

GARAM MASALA

A versatile, warming, earthy Indian spice blend that includes cumin, coriander, cardamom, cinnamon, black pepper, and ginger

SOME LIKE IT HOT

If you can't imagine your curry without a spicy kick, feel free to add a dash of hot sauce or a pinch of chili flakes along with the other spices in Step 3.

BUST OUT

- Strainer
- Medium pot
- Small pot
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)
- Butter (2 TBSP | 3 TBSP)
Contains: Milk

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1 PREP

- Wash and dry produce.
- Peel and mince **garlic**. Halve, peel, and finely dice **half the onion (whole onion for 4 servings)**. Core, deseed, and finely dice **bell pepper**. Drain and rinse **chickpeas**. Finely chop **cilantro**.



3 COOK CURRY

- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **onion** and **bell pepper**; cook until softened and lightly browned, 3-5 minutes.
- Stir in **tomato paste**, **curry powder**, **paprika**, **half the garam masala**, and **remaining garlic** until fragrant, 1 minute. **TIP: Love the earthy warmth of garam masala? Add more if you like!**
- Stir in **chickpeas**, **coconut milk**, **stock concentrate**, **¼ cup water**, and **½ tsp sugar**. (For 4 servings, use ½ cup water and 1 tsp sugar.) Bring to a simmer, then reduce heat to low; cook until thickened, stirring occasionally, 4-5 minutes. **TIP: If curry seems too thick, stir in a splash of water.**
- Remove from heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted. Season generously with **salt** and **pepper**.

- Pat **chicken*** dry with paper towels; season with **salt** and **pepper**. Add chicken or **turkey*** to pan along with **onion**. Cook, stirring frequently, until cooked through, 4-6 minutes. Cook through the remainder of this step as instructed.



2 COOK RICE

- Melt **1 TBSP butter** in a small pot over medium-high heat. Add **half the garlic** and cook until fragrant, 30 seconds.
- Add **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **big 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 FINISH & SERVE

- Fluff **rice** with a fork; season with **salt** and **pepper**.
- Divide rice between bowls. Top with **curry**. Dollop with **yogurt**. Garnish with **cilantro** and serve.

*Chicken is fully cooked when internal temperature reaches 165°.

*Ground Turkey is fully cooked when internal temperature reaches 165°.