



VEGAN CURRIED ROASTED CHICKPEA BOWLS

with Carrots, Spiced Basmati & Red Pepper Chutney

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



12 oz | 24 oz
Carrots



1 | 2
Red Onion



1 Thumb | 2 Thumbs
Ginger



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 2 tsp
Garlic Powder



1 tsp | 2 tsp
Garam Masala



½ Cup | 1 Cup
Basmati Rice



2 | 4
Veggie Stock Concentrates



¼ oz | ½ oz
Cilantro



1 | 2
Red Pepper Jam



5 tsp | 5 tsp
White Wine Vinegar



4 TBSP | 8 TBSP
Vegan Mayonnaise



4 oz | 8 oz
Peas



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
Chicken Cutlets

Calories: 1180



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1340



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 990



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

DRY, DRY AGAIN

After draining, pat chickpeas as dry as possible with paper towels so they crisp up in the oven.

BUST OUT

- Strainer
- Paper towels
- Peeler
- Baking sheet
- Small pot
- 2 Small bowls
- Large pan 🍳 🍳
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 🍳 🍳
- Olive oil (4 tsp | 7 tsp)
- Sugar (½ tsp | 1 tsp)

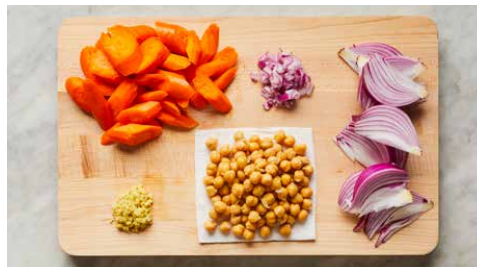
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🍳 *Chicken is fully cooked when internal temperature reaches 165°.

🍳 *Salmon is fully cooked when internal temperature reaches 145°.



1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; pat very dry with paper towels.
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces (**halve lengthwise first if carrots are on the larger side**). Halve, peel, and slice **onion** into ½-inch-thick wedges; mince a few wedges until you have 2 TBSP (4 TBSP for 4 servings). Peel and mince or grate **ginger** until you have 1 tsp (2 tsp for 4).



4 FINISH PREP & MAKE CHUTNEY

- Mince **cilantro**; transfer to a small bowl.
- Add **red pepper jam, remaining minced onion, remaining garlic powder, 1 TBSP olive oil, and ½ TBSP vinegar** (2 TBSP olive oil and 1 TBSP vinegar for 4 servings) to bowl.
- Stir to combine; season with **salt** and **pepper**.



2 ROAST CHICKPEAS & VEGGIES

- Toss **chickpeas, carrots, and onion wedges** on a baking sheet with a **large drizzle of oil, curry powder, salt, and pepper**.
- Roast on top rack until chickpeas are crispy and veggies are tender, 18-22 minutes.



5 MAKE CURRY SAUCE

- In a second small bowl, combine **mayonnaise, remaining garam masala, ½ tsp vinegar** (1 tsp for 4 servings), and **½ tsp sugar** (1 tsp for 4). (**Be sure to measure the vinegar—we sent more!**)
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper** to taste.



3 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **ginger, half the minced onion, ¾ tsp garlic powder, ¾ tsp garam masala, and a big pinch of salt** (for 4 servings, use 1½ tsp garlic powder and 1½ tsp garam masala). (**You'll use the rest of the garlic powder and garam masala later.**) Cook, stirring, until fragrant, 1 minute.
- Add **rice, stock concentrates, and ¾ cup water** (1½ cups for 4). Bring to a boil, then reduce heat to low. Cover and cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

- 🍳 While the rice cooks, pat **chicken*** or **salmon*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until browned and cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board to rest.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **peas** and a **drizzle of olive oil**. Taste and season with **salt** and **pepper** if desired.
- Divide **rice and peas** between bowls; top with **chickpeas and veggies**. Drizzle with **chutney** and **curry sauce**. Serve.

- 🍳 When cool enough to handle, thinly slice **chicken** crosswise (**skip slicing salmon!**). Top **rice and peas** with chicken or **salmon** along with **chickpeas and veggies**.