



# CRUNCHY CURRIED CHICKPEA BOWLS

with Kale, Golden Raisins & Pickled Cabbage

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



3 oz | 6 oz  
Carrot



1 | 2  
Lemon



4 oz | 8 oz  
Kale



1 oz | 2 oz  
Golden Raisins



1 TBSP | 2 TBSP  
Curry Powder



½ Cup | 1 Cup  
Basmati Rice



1 | 2  
Veggie Stock  
Concentrate



4 oz | 8 oz  
Shredded Red  
Cabbage



4½ TBSP | 9 TBSP  
Sour Cream  
Contains: Milk



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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  
Calories: 1020



10 oz | 20 oz  
Diced Chicken  
Thighs  
Calories: 1090



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 880





HELLO

### CURRY POWDER

This fragrant blend of 10 spices includes turmeric, fenugreek, and cumin.

### HERBY EXTRAS

If you have any fresh parsley or cilantro hanging out in your refrigerator, chop it up and stir it into your rice in step 6.

### BUST OUT

- Strainer
- Paper towels
- Peeler
- Zester
- 2 Small bowls
- Baking sheet
- Small pot
- Medium bowl
- Large pan

- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 tsp) 🍳 🍳
- Butter (3 TBSP | 6 TBSP)  
Contains: Milk

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🍳 \*Shrimp are fully cooked when internal temperature reaches 145°.

🍳 \*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.**
- Drain and rinse **chickpeas**; dry thoroughly with paper towels. Trim, peel, and quarter **carrot** lengthwise; cut crosswise into ¼-inch-thick pieces. Zest and quarter **lemon**. Remove and discard any large stems from **kale**; finely chop leaves. Place **raisins** in a small bowl with enough **hot water to just cover**.



### 4 PICKLE & MIX DRESSING

- Meanwhile, in a medium microwave-safe bowl, combine **juice from three lemon wedges** and **1 tsp sugar** (six wedges and 2 tsp sugar for 4 servings); stir to dissolve. Add **cabbage** and **2 TBSP water** (4 TBSP for 4); season with **salt** and **pepper**. Microwave for 1 minute. Set aside, tossing occasionally, until ready to serve.
- In a second small bowl, combine **sour cream**, **lemon zest**, **remaining curry powder**, and juice from remaining lemon. Season with **salt** and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.

- 🍳 Rinse **shrimp\*** under cold water. Pat shrimp or **chicken\*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **large drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken; cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



### 2 ROAST CHICKPEAS

- Toss **chickpeas** on a baking sheet with a **large drizzle of olive oil**, **half the curry powder** (you'll use more in the next step), **salt**, and **pepper**.
- Roast on top rack until crispy, 18-20 minutes. (It's natural for chickpeas to pop a bit as they roast.)



### 5 COOK KALE

- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add **kale** and season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 5-7 minutes.
- Stir in **1 TBSP butter** (2 TBSP for 4 servings) until melted. Remove from heat.

🍳 Use pan used for shrimp or chicken here.



### 3 COOK RICE

- While chickpeas roast, melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over high heat. Add **carrot** and **¼ tsp curry powder** (½ tsp for 4). (You'll use the rest of the curry powder in the next step.) Cook, stirring, until fragrant, 1-2 minutes.
- Add **rice**, **1 cup water** (1¾ cups for 4), **stock concentrate**, and a **big pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



### 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings) and season with **salt** and **pepper**.
- Divide rice between bowls. Top with **kale**, **pickled cabbage** (draining first), and **chickpeas** in separate sections. Drain **raisins** and sprinkle over top (roughly chop first if desired). Drizzle with **dressing** and serve.

🍳 Serve **shrimp** or **chicken** atop **rice** along with **veggies** and **chickpeas**.