

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2 Chickpeas



4 oz | 8 oz Kale



12 oz | 24 oz Cauliflower Rice



3 oz | 6 oz Carrot



1 oz | 2 oz Golden Raisins



1 | 2 Veggie Stock Concentrate



1 | 2 Lemon



1 TBSP | 2 TBSP Curry Powder



4 oz | 8 oz Shredded Red Cabbage



4½ TBSP | 9 TBSP Sour Cream Contains: Milk



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 Shrimp Contains: Shellfish



10 oz | 20 oz S Diced Chicken Thighs



G Calories: 960

CRUNCHY CURRIED CHICKPEA BOWLS

with Kale, Golden Raisins & Pickled Cabbage



PREP: 10 MIN COOK: 35 MIN CALORIES: 750



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
- Baking sheet
- Paper towels
- Small pot
- Peeler
- Medium bowlLarge pan
- Zester
- 2 Small bowls
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 tsp) 6 6
- Butter (3 TBSP | 6 TBSP)

 Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663 HelloFresh.com

- \$\ \text{"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.



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.)



3 COOK CAULIFLOWER 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 cauliflower rice (no need to drain), stock concentrate, and a big pinch of salt and pepper. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. Keep covered off heat until ready to serve.



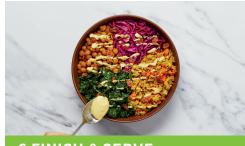
4 PICKLE & MIX DRESSING

- 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.



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.



6 FINISH & SERVE

- Fluff cauliflower rice with a fork; stir in 1 TBSP butter (2 TBSP for 4 servings) and season with salt and pepper.
- Divide cauliflower 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
- cauliflower rice along with veggies and chickpeas.