



## INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves  
Garlic



1 | 1  
Yellow Onion



1 | 2  
Bell Pepper\*



13.4 oz | 26.8 oz  
Chickpeas



¼ oz | ¼ oz  
Cilantro



½ Cup | 1 Cup  
Basmati Rice



1.5 oz | 3 oz  
Tomato Paste



1 TBSP | 2 TBSP  
Curry Powder



1 tsp | 2 tsp  
Paprika



1 tsp | 2 tsp  
Garam Masala



5.07 oz | 10.14 oz  
Coconut Milk  
Contains: Tree Nuts



1 | 2  
Veggie Stock  
Concentrate



2 TBSP | 4 TBSP  
Yogurt  
Contains: Milk

\*The ingredient you received may be a different color.



## HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz  
Chicken Breast  
Strips

Calories: 970

# COCONUT CURRY WITH CHICKPEAS

topped with Yogurt & served with Basmati Rice



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 790





## 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 from your pantry along with the other spices in step 3.

### BUST OUT

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

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




### 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. Once onion and bell pepper are softened, add chicken; season with **salt** and **pepper**. Cook, stirring occasionally, until chicken begins to brown, 4-5 minutes. Cook through remaining 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.