



CRUNCHY CURRIED CHICKPEA BOWLS

with Golden Raisins & Pickled Cabbage

INGREDIENTS

2 PERSON | 4 PERSON



13.4 oz | 26.8 oz
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



6 TBSP | 12 TBSP
Sour Cream
Contains: Milk

HELLO

CURRY POWDER

This fragrant blend of 10 spices—including turmeric, fenugreek, and cumin—adds rich aroma and flavor to crunchy roasted chickpeas.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 910



HELLO FRESH

HERBY: FULLY LOADED

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. This simple, flavorful trick is one of our favorite ways to use up leftover herbs.

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)
- Butter (3 TBSP | 6 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Drain and rinse **chickpeas**; thoroughly pat dry 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 ribs from **kale**; finely chop leaves. Place **raisins** in a small bowl with enough **hot water** to just cover.



4 PICKLE & MIX DRESSING

- Meanwhile, add **1 tsp sugar** and **juice from 3 lemon wedges (2 tsp sugar and 6 wedges for 4 servings)** to a medium microwave-safe bowl; 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.



2 ROAST CHICKPEAS

- Toss **chickpeas** on a baking sheet with **half the curry powder** (you'll use more in the next step), a **large drizzle of olive oil**, **salt**, and **pepper**.
- Roast on top rack until crispy, 18-20 minutes. **TIP: 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.



3 COOK RICE

- While chickpeas roast, heat a small pot over high heat. Add **1 TBSP butter (2 TBSP for 4 servings)**, **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 between bowls. Drain **raisins**. Top rice with **kale**, **pickled cabbage**, and **chickpeas**. Sprinkle with raisins, roughly chopping first if desired. Drizzle with **dressing** and serve.