



CURRIED CHICKPEA FRITTERS

with Spinach Rice Pilaf, Pickled Raisins & Creamy Garlic Sauce

INGREDIENTS

2 PERSON | 4 PERSON



13.4 oz | 26.8 oz
Chickpeas



82 g | 164 g
Tempura Mix
Contains: Eggs, Milk,
Wheat



1 | 1
Red Onion



1 TBSP | 2 TBSP
Curry Powder



2 | 2
Scallions



½ Cup | 1 Cup
Basmati Rice



2 TBSP | 4 TBSP
Low-Fat Yogurt
Contains: Milk



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



1 | 1
Lemon



1 Clove | 2 Cloves
Garlic



1 oz | 2 oz
Golden Raisins



2.5 oz | 5 oz
Spinach



½ oz | 1 oz
Cashews
Contains: Tree Nuts



1 | 2
Veggie Stock
Concentrate

HELLO

CURRY POWDER

This fragrant blend of 10 spices—including turmeric, fenugreek, and cumin—adds rich aroma and flavor to chickpea fritters.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 990



'PEAS OF MY HEART

As you make your fritter batter in step 4, we tell you to mash your chickpeas until almost smooth.

Why? Mashing helps them combine more easily with the seasonings and aromatics, and gives the mixture a fuller body for easier frying. We do love the texture that a few larger pieces of chickpeas give the fritters, though!

BUST OUT

- Medium bowl
- Strainer
- Small pot
- 2 Small bowls
- Potato masher
- Large pan
- Slotted spoon
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (for frying)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Wash and dry all produce.
- Halve, peel, and finely dice **onion** until you have 1 cup; mince remaining onion until you have 2 TBSP and set aside in a medium bowl for step 4. (For 4 servings, finely dice whole onion; mince diced onion until you have 4 TBSP.) Trim and thinly slice **scallions**, separating whites from greens. Roughly chop **spinach**. Quarter **lemon**. Peel and mince **garlic**. Drain and rinse **chickpeas**.



4 MAKE BATTER

- Add **chickpeas** to bowl with **minced onion**. Mash chickpeas with a potato masher or fork until almost smooth. **TIP: It's OK if there are still some larger pieces.**
- Stir in **tempura mix, scallion greens, remaining garlic, ½ cup water**, and **2 tsp curry powder** (be sure to measure) until evenly combined. Season with **salt** (we used ¾ tsp) and **pepper**. (For 4 servings, use ⅔ cup water, 4 tsp curry powder, and 1½ tsp salt.) **TIP: Batter should be thick but not dry—add more water 1 TBSP at a time if necessary.**



2 COOK RICE PILAF

- Melt **1 TBSP butter** in a small pot over medium-high heat (use **2 TBSP butter and a medium pot for 4 servings**). Add **diced onion, scallion whites, cashews**, and a **pinch of salt**. Cook, stirring, 1 minute.
- Stir in **rice, ¾ cup water (1½ cups for 4), stock concentrate**, 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.
- Add **spinach** to rice. Cover until wilted, about 2 minutes; stir to combine.



5 COOK FRITTERS

- Heat a **½-inch layer of oil** in a large, heavy-bottomed pan over medium-high heat. Once oil is hot enough that a **drop of batter** sizzles when added to the pan, add **¼-cup scoops of batter**. (**TIP: You may need to work in batches. Carefully drop your batter close to the oil to avoid splatter.**) Cook until golden brown and crisp, 3-4 minutes per side.
- Using a slotted spoon, transfer **fritters** to a paper-towel-lined plate. Season with a **pinch of salt**. Turn off heat.



3 MAKE PICKLES & SAUCE

- While rice cooks, place **raisins** in a small bowl (roughly chop any large raisins if necessary). Add **juice from one lemon wedge (two wedges for 4 servings)**, a **pinch of salt**, and enough **hot water to just cover**. Set aside to pickle.
- In a separate small bowl, combine **sour cream, yogurt, a squeeze of lemon juice**, and a **pinch of garlic** to taste. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



6 SERVE

- Divide **rice pilaf** between plates and top with **chickpea fritters**. Drizzle with **creamy garlic sauce** and as many **pickled raisins** (draining first) as you like. Serve with any **remaining lemon wedges** on the side.