

CURRY-SPICED CHICKPEA BOWLS

with Roasted Veggies, Cucumber Raita & Garlic Basmati Rice

INGREDIENTS

2 PERSON | 4 PERSON

Carrots

1/2 Cup | 1 Cup Basmati Rice

13.4 oz | 26.8 oz

Chickpeas

4 oz | 8 oz

Grape Tomatoes

1/4 oz | 1/4 oz

Cilantro



1 Clove | 2 Cloves





Veggie Stock Concentrate



1 TBSP | 2 TBSP Curry Powder



Persian Cucumber



Lemon



4 TBSP | 8 TBSP Yogurt Contains: Milk



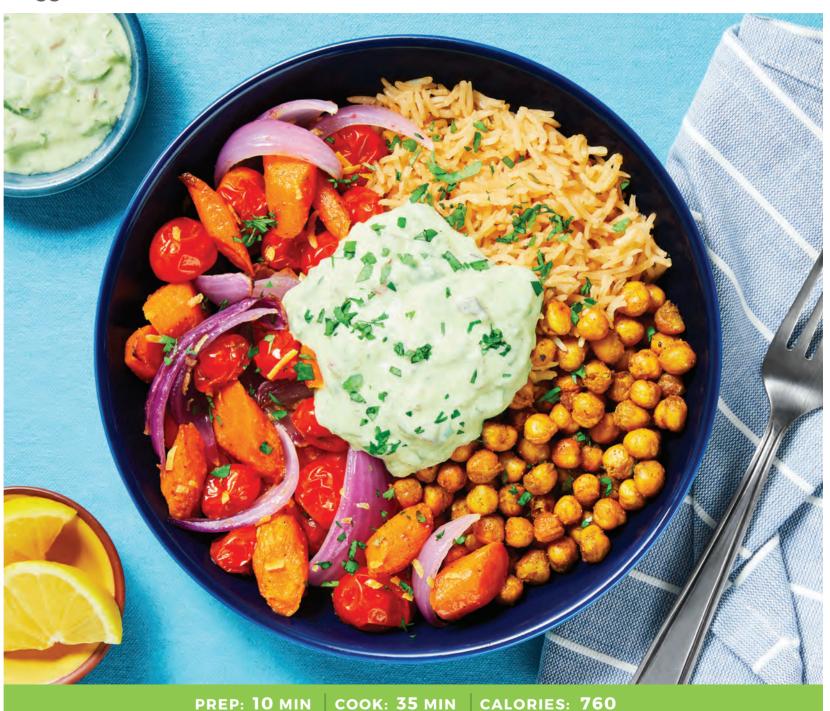
1 | 1 Chili Pepper

2 TBSP | 4 TBSP Sour Cream Contains: Milk

HELLO

CUCUMBER RAITA

This creamy, tangy, refreshing condiment is designed to cool the palate.



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MAKE IT GRAIN

Fluffing rice before serving is a simple (but essential!) step. Why go to the trouble? A fork helps make sure each grain keeps its individual texture, vielding light and tender results (the way it's meant to be).

BUST OUT

- Peeler
- Strainer
- Paper towels
- · Baking sheet
- · Small pot
- Box grater
- Zester
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (5 tsp | 5 tsp)
- Butter (1 TBSP | 2 TBSP) Contains Milk

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1 PREP

- · Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry all produce.
- Peel and mince garlic. Trim, peel, and slice carrots on a diagonal into 1/2-inchthick pieces. Trim, peel, and cut onion into ½-inch-thick wedges; mince a few wedges until you have 1 TBSP (2 TBSP for 4 servings).



2 SEASON CHICKPEAS

- Drain and rinse **chickpeas**: thoroughly pat dry with paper towels.
- Toss on one side of a baking sheet with a large drizzle of olive oil, half the curry powder (you'll use more later), salt, and pepper. (For 4 servings, spread chickpeas out across entire sheet.)



3 ROAST

- Toss carrots, onion wedges, and tomatoes on empty side of same sheet with a large drizzle of olive oil, salt, and pepper. (For 4 servings, toss veggies on a second sheet; roast chickpeas on top rack and veggies on middle rack.)
- Roast on top rack until veggies are tender and **chickpeas** are crispy, 20-25 minutes. TIP: It's natural for chickpeas to pop a bit when they roast.



4 COOK RICE

- Meanwhile, heat a drizzle of olive oil in a small pot over medium-high heat. Add garlic; cook, stirring, for 30 seconds.
- Stir in rice, stock concentrate, 34 cup water (11/2 cups for 4 servings), 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.



5 MAKE RAITA

- While rice cooks, trim **cucumber**: grate on the largest holes of a box grater. Finely chop cilantro. Zest and quarter lemon. Mince chili.
- In a small bowl, combine cucumber. minced onion, yogurt, sour cream, half the cilantro, and ¼ tsp curry powder (1/2 tsp for 4 servings). (Be sure to measure the curry powder—we sent more.) Add a pinch of chili if desired. Add a squeeze of **lemon juice** and season with salt.



6 FINISH & SERVE

- Toss veggies with lemon zest and a squeeze of lemon juice.
- Fluff rice with a fork: stir in 1 TBSP butter (2 TBSP for 4 servings) and season with salt and pepper.
- Divide rice, veggies, and chickpeas between shallow bowls. Top with raita and remaining cilantro. Serve with remaining **lemon wedges** on the side. ϕ 20