



# CURRY-SPICED CHICKPEA BOWLS

with Roasted Veggies, Cucumber Raita & Garlic Basmati Rice

## INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves  
Garlic



6 oz | 12 oz  
Carrots



1 | 1  
Red Onion



½ Cup | 1 Cup  
Basmati Rice



1 | 2  
Veggie Stock  
Concentrate



13.4 oz | 26.8 oz  
Chickpeas



1 TBSP | 2 TBSP  
Curry Powder



4 oz | 8 oz  
Grape Tomatoes



1 | 2  
Persian Cucumber



¼ oz | ¼ oz  
Cilantro



1 | 1  
Lemon



1 | 1  
Chili Pepper



4 TBSP | 8 TBSP  
Yogurt  
Contains: Milk



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk

## HELLO

### CUCUMBER RAITA

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



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 760





## 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, yielding 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 ½-inch-thick 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**).



### 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, ¾ cup water (1½ 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.



### 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.**)



### 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 (½ 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**.



### 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.**



### 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.