



CURRY-SPICED CHICKPEA BOWLS

with Roasted Veggies, Cucumber Raita & Garlic Basmati Rice

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 1
Yellow Onion



1 Clove | 2 Cloves
Garlic



1 | 2
Chickpeas



1 TBSP | 2 TBSP
Curry Powder



4 oz | 8 oz
Grape Tomatoes



½ Cup | 1 Cup
Basmati Rice



1 | 2
Veggie Stock Concentrate



1 | 1
Super Select Cucumber



¼ oz | ¼ oz
Cilantro



1 | 1
Lemon



1 | 1
Chili Pepper



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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HELLO

CUCUMBER RAITA

This creamy, tangy, refreshing condiment cools the palate.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 640



EXTRA CRISP-PEA

After draining and rinsing the chickpeas, be sure to get them super-dry with paper towels to ensure they crisp up in the oven.

BUST OUT

- Peeler
- Strainer
- Paper towels
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Small pot
- Box grater
- Zester
- Small bowl

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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 produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve and peel **onion**. Cut half the onion (**whole onion for 4**) into ½-inch-thick wedges; mince a few wedges until you have 1 TBSP (**2 TBSP for 4**). Peel and mince **garlic**.



4 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic**; cook, stirring, until fragrant, 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**; pat very dry with paper towels.
- Toss on one side of a baking sheet with a **drizzle of 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 and grate **half the cucumber (all for 4 servings)** 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)**. (**Be sure to measure the curry powder—we sent more.**)
- Stir in a **squeeze of lemon juice, salt**, and a pinch of chili if desired.



3 ROAST VEGGIES

- Toss **carrots, onion wedges, and tomatoes** on empty side of sheet with a **drizzle of 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. (**It's natural for chickpeas to pop a bit while roasting.**)



6 FINISH & SERVE

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