



INGREDIENTS

2 PERSON | 4 PERSON



3 Cloves | 6 Cloves
Garlic



1 | 2
Red Onion



1 | 2
Chickpeas



¼ oz | ½ oz
Parsley



½ Cup | 1 Cup
Basmati Rice



1 tsp | 2 tsp
Chili Powder



2 TBSP | 4 TBSP
Curry Powder



1 | 2
Coconut Milk
Contains: Tree Nuts



13.76 oz | 27.52 oz
Crushed Tomatoes



1 | 2
Veggie Stock
Concentrate



2 | 4
Whole Wheat Pitas
Contains: Sesame,
Wheat



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HELLO

COCONUT MILK

Subtly sweet with a rich texture (and vegan!)-
ideal for creamy curry

VEGAN CHICKPEA COCONUT CURRY

with Basmati Rice & Garlicky Pita Wedges



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1000



SOME LIKE IT HOT

If you can't imagine your curry without a spicy kick, feel free to add a dash of hot sauce or a pinch of chili flakes along with the other spices in Step 3.

BUST OUT

- Strainer
- Small bowl
- Paper towels
- Plastic wrap
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 7 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Sugar (1½ tsp | 3 tsp)

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1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Peel and mince or grate **garlic**. Halve, peel, and finely dice **onion**. Drain and rinse **chickpeas**; thoroughly pat dry with paper towels. Roughly chop **parsley**.



2 COOK RICE & MAKE GARLIC OIL

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **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.
- In a small microwave-safe bowl, combine **half the garlic** and **1 TBSP olive oil (2 TBSP for 4)**. Cover bowl with plastic wrap and microwave until warm and fragrant, 20-30 seconds; stir to combine. **(Keep covered until ready to use in Step 5.)**



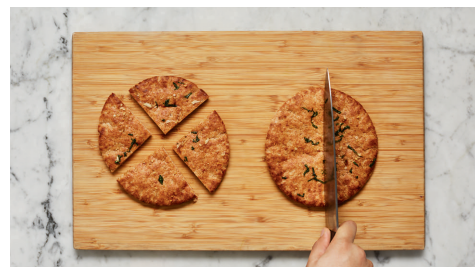
3 START CURRY

- While rice cooks, heat a **drizzle of oil** in a large pan, over medium-high heat. Add **onion**, a **big pinch of salt**, and **pepper**; cook, stirring occasionally, until lightly browned, 4-5 minutes.
- Add **chickpeas**, **chili powder**, **curry powder**, and **remaining garlic**; cook, stirring frequently, until fragrant, 1-2 minutes.



4 FINISH CURRY

- Thoroughly shake **coconut milk** in container before opening.
- Add coconut milk, **crushed tomatoes**, **stock concentrate**, **½ cup water (1 cup for 4 servings)**, and **1½ tsp sugar (3 tsp for 4)** to same pan; stir to combine. Bring to a boil, then reduce to a simmer.
- Cook, stirring occasionally, until thickened, 4-6 minutes. Taste and season with **salt** and **pepper** if desired.



5 TOAST PITAS

- Meanwhile, evenly brush tops of **pitas** with **garlic oil**; sprinkle with **half the parsley**, a **pinch of salt**, and **pepper**. Toast on top rack **(use a baking sheet or place directly on rack)** until golden, 2-3 minutes. **TIP: Feel free to use your toaster oven instead. Keep an eye on the pitas as they toast so they stay soft rather than turning crispy.**
- Cut toasted pitas into quarters.



6 FINISH & SERVE

- Fluff **rice** with a fork.
- Transfer rice to one side of each bowl. Ladle **curry** next to rice. Garnish with **remaining parsley** and a **drizzle of olive oil**. Serve with **pita wedges** on the side.