



# VEGAN CURRIED ROASTED CHICKPEA BOWLS

with Carrots, Spiced Basmati & Red Pepper Chutney

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



12 oz | 24 oz  
Carrots



1 | 2  
Red Onion



1 Thumb | 2 Thumbs  
Ginger



1 TBSP | 2 TBSP  
Curry Powder



1 tsp | 2 tsp  
Garlic Powder



1 tsp | 2 tsp  
Garam Masala



½ Cup | 1 Cup  
Basmati Rice



2 | 4  
Veggie Stock  
Concentrates



¼ oz | ½ oz  
Cilantro



1 | 2  
Red Pepper  
Jam



5 tsp | 5 tsp  
White Wine  
Vinegar



4 TBSP | 8 TBSP  
Vegan Mayonnaise



4 oz | 8 oz  
Peas



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



### HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 1180



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 1000





HELLO

## CHUTNEY

Our quick spin on this tasty condiment that can be sweet or savory, fruity or herbaceous, or all of the above!

## DRY, DRY AGAIN

After draining, pat chickpeas as dry as possible with paper towels so they crisp up in the oven.

## BUST OUT

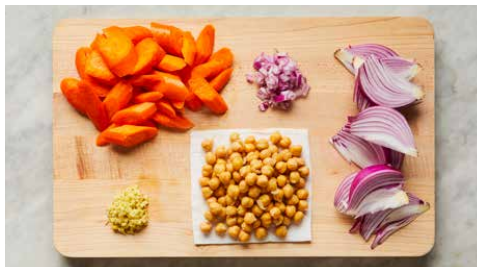
- Strainer
- Paper towels
- Peeler
- Baking sheet
- Small pot
- 2 Small bowls
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp)
- Olive oil (4 tsp | 7 tsp)
- Sugar (½ tsp | 1 tsp)

## GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



### 1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; pat very dry with paper towels.
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces (**halve lengthwise first if carrots are on the larger side**). Halve, peel, and slice **onion** into ½-inch-thick wedges; mince a few wedges until you have 2 TBSP (4 TBSP for 4 servings). Peel and mince or grate **ginger** until you have 1 tsp (2 tsp for 4).



### 4 FINISH PREP & MAKE CHUTNEY

- Mince **cilantro**; transfer to a small bowl.
- Add **red pepper jam**, **remaining minced onion**, **remaining garlic powder**, 1 TBSP **olive oil**, and ½ TBSP **vinegar** (2 TBSP olive oil and 1 TBSP vinegar for 4 servings) to bowl.
- Stir to combine; season with **salt** and **pepper**.



### 2 ROAST CHICKPEAS & VEGGIES

- Toss **chickpeas**, **carrots**, and **onion wedges** on a baking sheet with a **large drizzle of oil**, **curry powder**, **salt**, and **pepper**.
- Roast on top rack until chickpeas are crispy and veggies are tender, 18-22 minutes.



### 5 MAKE CURRY SAUCE

- In a second small bowl, combine **mayonnaise**, **remaining garam masala**, ½ tsp **vinegar** (1 tsp for 4 servings), and ½ tsp **sugar** (1 tsp for 4). (**Be sure to measure the vinegar—we sent more!**)
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper** to taste.



### 3 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **ginger**, **half the minced onion**, ¾ tsp **garlic powder**, ¾ tsp **garam masala**, and a **big pinch of salt** (for 4 servings, use 1½ tsp garlic powder and 1½ tsp garam masala). (**You'll use the rest of the garlic powder and garam masala later.**) Cook, stirring, until fragrant, 1 minute.
- Add **rice**, **stock concentrates**, and ¾ **cup water** (1½ cups for 4). Bring to a boil, then reduce heat to low. Cover and cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

- While rice cooks, pat **chicken\*** dry with paper towels and season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest.



### 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **peas** and a **drizzle of olive oil**. Taste and season with **salt** and **pepper** if desired.
- Divide **rice and peas** between bowls; top with **chickpeas and veggies**. Drizzle with **chutney** and **curry sauce**. Serve.
- When cool enough to handle, thinly slice **chicken** crosswise. Top **rice and peas** with chicken along with **chickpeas and veggies**.

\*Chicken is fully cooked when internal temperature reaches 165°.