



CRUNCHY CURRIED CHICKPEA BOWLS

with Golden Raisins & Pickled Cabbage



HELLO CURRIED CHICKPEAS

A fragrant blend of 10 spices—including turmeric, fenugreek, and cumin—adds rich aroma and flavor to crunchy roasted chickpeas.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 910**



Kale



Curry Powder



Shredded Red Cabbage



Carrot



Veggie Stock Concentrate



Chickpeas



Sour Cream
(Contains: Milk)



Lemon



Golden Raisins



Basmati Rice

START STRONG

If you have any fresh parsley or cilantro hanging out in your refrigerator, chop it up and stir it into your rice in step 6. This simple, flavorful trick is one of our favorite ways to use up leftover herbs.

BUST OUT

- Strainer
- Paper towels
- Peeler
- Zester
- 2 Small bowls
- Baking sheet
- Olive oil (4 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (3 TBSP | 6 TBSP)
(Contains: Milk)
- Small pot
- Medium bowl
- Large pan
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Chickpeas 13.4 oz | 26.8 oz
- Carrot 3 oz | 6 oz
- Lemon 1 | 2
- Kale 4 oz | 8 oz
- Golden Raisins 1 oz | 2 oz
- Curry Powder 1 TBSP | 2 TBSP
- Basmati Rice ½ Cup | 1 Cup
- Veggie Stock Concentrate 1 | 2
- Shredded Red Cabbage 4 oz | 8 oz
- Sour Cream 6 TBSP | 12 TBSP



1 PREP

Preheat oven to 425 degrees. **Wash and dry all produce.** Drain and rinse **chickpeas**; thoroughly pat dry with paper towels. Trim, peel, and quarter **carrot** lengthwise; cut crosswise into ¼-inch-thick pieces. Zest and quarter **lemon**. Remove and discard any large ribs from **kale**; finely chop leaves. Place **raisins** in a small bowl with enough **hot water** to just cover.



4 PICKLE CABBAGE & MAKE DRESSING

Meanwhile, add **1 tsp sugar** and juice from **3 lemon wedges** (2 tsp sugar and 6 wedges for 4 servings) to a medium microwave-safe bowl; stir to dissolve. Add **cabbage** and **2 TBSP water** (4 TBSP for 4); season with **salt** and **pepper**. Microwave for 1 minute. Set aside, tossing occasionally. In a second small bowl, combine **sour cream**, **lemon zest**, remaining **curry powder**, and juice from remaining **lemon**. Season with **salt** and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.

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2 ROAST CHICKPEAS

Toss **chickpeas** on a baking sheet with half the **curry powder** (you'll use more in the next step), a large drizzle of **olive oil**, **salt**, and **pepper**. Roast on top rack until crispy, 18-20 minutes. **TIP:** It's natural for chickpeas to pop a bit when they roast.



5 COOK KALE

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **kale** and season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 5-7 minutes. Stir in **1 TBSP butter** (2 TBSP for 4 servings) until melted. Remove from heat.



3 COOK RICE

While chickpeas roast, heat a small pot over high heat. Add **1 TBSP butter** (2 TBSP for 4 servings), **carrot**, and ¼ **tsp curry powder** (½ tsp for 4; be sure to measure). Cook, stirring, until fragrant, 1-2 minutes. Add **rice**, **1 cup water** (1¾ cups for 4), **stock concentrate**, and a big pinch of **salt**. Bring to a boil; cover and reduce to a low simmer. Cook until tender, 15-18 minutes. Keep covered off heat.



6 FINISH & SERVE

Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings) and season with **salt** and **pepper**. Divide between bowls. Drain **raisins**. Top rice with **kale**, **pickled cabbage**, and **chickpeas**. Sprinkle with raisins, roughly chopping first if desired. Drizzle with **dressing** and serve.

CHICK-A-POW!

Roasted chickpeas are great as a garnish or as a snack! Next time, try seasoning them with chipotle powder for a spicy spin.

