



CURRIED FARRO & CHICKPEAS

with Roasted Broccoli & a Yogurt Drizzle

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Farro
Contains: Wheat



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 2 tsp
Garam Masala



1 tsp | 2 tsp
Chili Powder



2 Cloves | 4 Cloves
Garlic



2 | 4
Scallions



1 tsp | 2 tsp
Cumin



1.5 oz | 3 oz
Tomato Paste



8 oz | 16 oz
Broccoli Florets



13.4 oz | 26.8 oz
Chickpeas



1 Thumb | 1 Thumb
Ginger



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



2 | 4
Mushroom Stock
Concentrates

HELLO

FARRO

A nutrient-rich ancient grain that's satisfyingly chewy in texture and nutty in flavor. It's also low in both total fat and saturated fat.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 650



LET'S TOAST

Toasting the spices in the pan in step 4 brings out even more flavor. It only takes a minute, but the extra step makes all the difference in the finished dish.

BUST OUT

- Medium pot
- Strainer
- Paper towels
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (½ tsp | 1 tsp)
- Butter (½ TBSP | 1 TBSP)
Contains: Milk

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1 COOK FARRO

- Adjust rack to middle position and preheat oven to 450 degrees.
- In a medium pot, combine ½ cup farro (1 cup for 4 servings; be sure to measure—we sent more), 2½ cups water (5 cups for 4), and a big pinch of salt. Bring to a boil and cook until farro is tender, 25-30 minutes. **TIP: If you end up with any excess liquid, simply pour it out. Alternatively, if liquid evaporates before farro is done, add a splash of water.**



4 COOK AROMATICS

- Heat a drizzle of oil in a large pan over medium-high heat. Add ginger, garlic, scallion whites, and a big pinch of salt. Cook, stirring occasionally, until fragrant, 30 seconds.
- Add cumin, garam masala, chili powder, and remaining curry powder. Toast, stirring, until fragrant, 1 minute.



2 PREP

- Wash and dry produce.
- Drain and rinse chickpeas; thoroughly pat dry with paper towels. Cut broccoli florets into bite-size pieces if necessary. Peel and mince or grate ginger until you have ½ tsp (½ tsp for 4 servings). Peel and mince or grate garlic. Trim and thinly slice scallions, separating whites from greens.



5 MAKE CURRY SAUCE

- Stir tomato paste, stock concentrates, 2 cups water, ½ tsp sugar, and ½ tsp salt (for 4 servings use 4 cups water, 1 tsp sugar, and 1 tsp salt) into pan with aromatics. Bring to a boil, then reduce heat to medium low. Simmer, stirring occasionally, until sauce has thickened and reduced by about half, 4-6 minutes. Taste and season with salt if desired.
- Add cooked farro to pan. Stir to combine.



3 ROAST CHICKPEAS & BROCCOLI

- Toss chickpeas on one side of a baking sheet with a drizzle of oil, half the curry powder (you'll use the rest in the next step), salt, and pepper.
- Toss broccoli on empty side with a drizzle of oil, salt, and pepper. Roast on middle rack until crispy and tender, 18-20 minutes. (It's natural for the chickpeas to pop a bit while roasting.)



6 FINISH & SERVE

- Remove pan from heat. Stir in ½ TBSP butter (1 TBSP for 4 servings) until melted. Season with salt to taste.
- Divide curried farro between bowls. Top with chickpeas and broccoli in separate sections. Drizzle bowls with yogurt. Garnish with scallion greens and serve.