



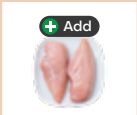
# Indian-Inspired Chickpea and Rice Pilaf

## with Yogurt Sauce and Fresh Veggie Raita

Veggie

Spicy

35 Minutes



Chicken Breasts  
2 | 4

Customized Protein **+ Add** **↻ Swap** or **\*2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Coconut Milk  
1 | 2



Chickpeas  
1 | 2



Basmati Rice  
¾ cup | 1 ½ cups



Tomato  
2 | 4



Baby Spinach  
56 g | 113 g



Cilantro  
7 g | 14 g



Red Onion  
1 | 2



Ginger-Garlic Puree  
2 tbsp | 4 tbsp



Yogurt Sauce  
3 tbsp | 6 tbsp



Vegetable Stock Powder  
2 tbsp | 4 tbsp



Indian Spice Mix  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Large pot, measuring cups, measuring spoons, medium pot, strainer

1



## Cook rice

• Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water**, **half the stock powder** and **1 tbsp** (2 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. Remove from heat. Set aside, still covered. (**NOTE:** Rice will finish cooking and become fully tender in step 5!)

2



## Prep

+ Add | Chicken Breasts

- While **rice** cooks, peel, then cut **onion** into ¼-inch pieces.
- Roughly chop **cilantro**.
- Cut **tomatoes** into ¼-inch pieces, then season with **salt** and **pepper**.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)
- Using a strainer, drain and rinse **chickpeas**.

3



## Start pilaf

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**. Cook, stirring often, until softened and golden, 4-6 min.
- Add **1 tbsp** (2 tbsp) **butter**, **chickpeas**, **Indian Spice Mix**, **ginger-garlic puree** and **half the tomatoes**. Season with **salt** and **pepper**. Cook, stirring often, until fragrant, 1-2 min.
- While **chickpeas** cook, fluff **rice** with a fork.

4



## Finish pilaf

- Add **coconut milk** and **remaining stock powder**. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Add **rice** and **spinach**. Season with **salt** and **pepper**. Stir to combine.
- Cover and cook until liquid has absorbed and **rice** is tender, 3-5 min.

5



## Finish and serve

+ Add | Chicken Breasts

- Divide **pilaf** between plates.
- Drizzle **yogurt sauce** over top.
- Sprinkle **remaining tomatoes** and **cilantro** over top.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Prep and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\* Remove from heat.

## 5 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top plates with **chicken**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.