



Curried Chickpeas and Collards

with Carrot-Cumin Rice Pilaf



20-30min



2 Servings

Tender chickpeas and nutritious collards are seasoned with fresh ginger, and cilantro. Basmati rice cooks with fragrant toasted cumin seeds and sweet carrots to serve as a bed to the flavorful, stewed beans and greens. Everything is topped off with a dollop of creamy, seasoned yogurt. Cook, relax, and enjoy!

What we send

- garlic
- 1 oz fresh ginger
- ¼ oz fresh cilantro
- 15 oz can chickpeas
- 1 bunch collard greens
- 5 oz basmati rice
- 1 carrot
- ¼ oz cumin seeds
- 4 oz Greek yogurt ⁷
- ¼ oz chaat masala spice

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil
- butter ⁷

Tools

- box grater
- fine-mesh sieve
- medium saucepan
- small saucepan

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 32g, Carbs 102g, Protein 25g



1. Prep ingredients

Rinse **rice** in a fine-mesh sieve until the water runs clear. Peel and finely grate **2 large cloves garlic**. Peel and finely grate **half of the ginger** (save rest for own use.) Finely chop **cilantro leaves and stems**. Peel and coarsely grate **carrot**. Remove and discard **stems** from **collard green leaves**; coarsely chop **leaves**.



4. Cook collard greens

Meanwhile, drain and rinse **chickpeas**. In a medium saucepan, heat **1 tablespoon oil** over medium-high. Add **collard greens** and **½ teaspoon each salt and pepper**. Cook until wilted, 3-4 minutes.



2. Sauté aromatics

In a small saucepan, heat **1 tablespoon oil** over medium. Add **2 teaspoons of the cumin seeds** (save any remaining for own use) and cook until fragrant, about 30 seconds. Add **rice** and cook about 30 seconds more, until fragrant.



5. Add chickpeas

Add **chickpeas**, **½ cup water**, **ginger**, **garlic**, and **half of the cilantro**. Bring to a boil, cover, reduce heat to medium and simmer, stirring occasionally, until **collards** are softened, about 9 minutes. Uncover and stir in **butter**. Season to taste with **salt and pepper**.



3. Cook rice

Add **carrots**, **1 ¼ cups water**, and **¾ teaspoon salt**. Bring to a boil. Cover and cook over low until tender and water is absorbed, about 17 minutes. Fluff rice with a fork. Cover to keep warm.



6. Season yogurt

In a small bowl, whisk **yogurt** with **1 tablespoon each water and olive oil**. Season with **¼ teaspoon each salt and pepper**. Spoon **rice pilaf** into bowls and top with **chickpeas** and **collard greens**. Garnish with **remaining cilantro**, passing **yogurt sauce** at the table. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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