

Caribbean Chickpea Curry

with Roasted Cabbage & Rice

TIME: 30-40 minutes

SERVINGS: 2

A hot, sweet, smoky blend of spices flavors this vegetarian curry, brightened with lime and pickled peppers and balanced by jasmine rice.



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Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



1 $\frac{3}{4}$ cups
LIGHT COCONUT
MILK



$\frac{1}{2}$ cup
JASMINE RICE



1 15-oz can
CHICKPEAS



$\frac{1}{2}$ lb
CABBAGE



6 oz
CARROTS



2
SCALLIONS



1
LIME



2 cloves
GARLIC

KNICK KNACKS:



1 1-inch piece
GINGER



2 Tbsps
PICKLED
PERUVIAN
PEPPERS



3 Tbsps
ROASTED
PEANUTS



1 Tbsp
CARIBBEAN SPICE
BLEND*

* Green Bell Pepper Powder, Onion Powder, Cayenne Pepper, Ground Thyme, & Ground Allspice



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1 Prepare the ingredients:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut out and discard the core of the **cabbage**; large dice. Peel the **carrots**; halve lengthwise, then cut crosswise into 1/2-inch pieces.
- ☐ Peel and finely chop the **ginger**. Peel and roughly chop the **garlic**.
- ☐ Cut off and discard the root ends of the **scallions**; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Drain and rinse the **chickpeas**.
- ☐ Using a peeler, remove the green rind of the **lime**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime.
- ☐ Roughly chop the **peanuts**.



2 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high. Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff with a fork. Cover to keep warm.

3 Roast the cabbage:

- ☐ While the rice cooks, place the **diced cabbage** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 11 to 13 minutes, or until slightly crispy and tender when pierced with a fork. Remove from the oven.



4 Start the curry:

- ☐ While the cabbage roasts, in a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.

5 Finish the curry:

- ☐ To the pan, add the **chopped ginger and garlic**, **sliced white bottoms of the scallions**, and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. (If the pan seems dry, add a drizzle of olive oil.) Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant.
- ☐ Add the **chickpeas** and **coconut milk** (shaking the can before opening). Heat to boiling on high. Once boiling, reduce the heat to medium-high and cook, stirring occasionally, 7 to 8 minutes, or until slightly thickened.
- ☐ Turn off the heat and stir in the **peppers** and the **juice of 2 lime wedges**. Season with salt and pepper to taste.



6 Finish the rice & serve your dish:

- ☐ To the pot of **cooked rice**, add the **lime zest**; stir to combine.
- ☐ Serve the **finished curry** with the finished rice and **roasted cabbage**. Garnish with the **chopped peanuts**, **sliced green tops of the scallions**, and **remaining lime wedges**. Enjoy!