



MIDDLE EASTERN CHICKPEA BOWLS

with Spiced Basmati Rice & Garlicky White Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



1 Clove | 2 Cloves
Garlic



1 | 2
Chickpeas



¼ oz | ¼ oz
Cilantro



1 | 2
Lemon



1 TBSP | 2 TBSP
Shawarma Spice Blend



4 oz | 8 oz
Grape Tomatoes



½ Cup | 1 Cup
Basmati Rice



1 | 2
Veggie Stock Concentrate



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Hot Sauce



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 760



10 oz | 20 oz
Chicken Breast Strips

Calories: 810



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 610



HELLO





SHAWARMA SPICE BLEND

This aromatic blend features turmeric, cumin, and coriander.

THE RICE IS RIGHT

Fluffing rice right before serving is a simple (but essential!) step. Why go through the trouble? Running a fork through the mixture helps make sure each grain keeps its individual texture, yielding light and tender results.

BUST OUT

- Strainer
- Paper towels
- Zester
- Small pot
- Baking sheet
- Small bowl
- Large pan  
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)  
- Olive oil (1 tsp | 1 tsp)
- Butter (1/2 TBSP | 1 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve, peel, and cut **onion** into 1/2-inch-thick wedges; mince a few wedges until you have 2 TBSP (**4 TBSP for 4**). Peel and mince or grate **garlic**. Drain and rinse **chickpeas**; dry thoroughly with paper towels. Roughly chop **cilantro**. Zest and quarter **lemon**.



4 MAKE SAUCE

- Meanwhile, in a small bowl, combine **sour cream** and **remaining garlic** to taste. Season with **salt**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot (**use a medium pot for 4 servings**) over medium-high heat. Add **minced onion**, **half the garlic**, **half the Shawarma Spice Blend** (**you'll use the rest in the next step**), and a **pinch of salt**. Cook, stirring, 1 minute.
- Stir in **rice**, **3/4 cup water** (**1 1/2 cups for 4**), **stock concentrate**, and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in step 5.




5 MIX & TOSS

- Fluff **rice** with a fork; stir in **half the cilantro** and **1/2 TBSP butter** (**1 TBSP for 4 servings**). Season with **salt** and **pepper**.
- Once **veggies** and **chickpeas** are done, remove from oven and toss with **lemon zest**.



3 ROAST VEGGIES & CHICKPEAS


- Meanwhile, toss **onion wedges**, **tomatoes**, and **chickpeas** on a baking sheet with a **drizzle of olive oil**, **remaining Shawarma Spice Blend**, **pepper**, and a **few pinches of salt**. (**For 4 servings, divide everything between 2 baking sheets; roast on top and middle racks, tossing veggies and swapping rack positions halfway through roasting.**)
- Roast on top rack, tossing halfway through, until veggies are tender and lightly charred and chickpeas are crispy, 18-20 minutes. (**It's natural for chickpeas to pop a bit while roasting.**)


-  Rinse **shrimp*** under cold water; pat shrimp or **chicken*** dry with paper towels. Season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken; cook, stirring occasionally, until cooked through, 4-6 minutes. Transfer to a plate.




6 SERVE

- Divide **rice** between shallow bowls. Top with **veggies** and **chickpeas**. Drizzle with **garlicky white sauce** and **hot sauce** to taste. Sprinkle with **remaining cilantro**. Top with **lemon juice** to taste; serve with any **remaining lemon wedges** on the side.

-  Serve **shrimp** or **chicken** atop bowls.

 *Shrimp are fully cooked when internal temperature reaches 145°.

 *Chicken is fully cooked when internal temperature reaches 165°.