



VEGAN STREET CART-STYLE CHICKPEA BOWLS

with Yellow Rice, Garlicky Hummus Sauce & Pitas

INGREDIENTS

2 PERSON | 4 PERSON



1 tsp | 1 tsp
Turmeric



¾ Cup | 1½ Cups
Jasmine Rice



3 | 6
Veggie Stock Concentrates



1 | 2
Lemon



2 | 4
Scallions



1 | 2
Tomato



1 | 1
Cucumber



4 TBSP | 8 TBSP
Hummus
Contains: Sesame



2 tsp | 4 tsp
Garlic Powder



1 TBSP | 1 TBSP
Shawarma Spice Blend



1 | 2
Chickpeas



2 | 4
Pitas
Contains: Sesame, Wheat



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



2 tsp | 4 tsp
Hot Sauce



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Chicken Cutlets

Calories: 1300



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 1110



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

GET TOASTY

If you have an extra minute, toast the almonds in a dry pan over medium heat to amp up their flavor. Be sure to watch carefully so they don't burn!

BUST OUT

- Small pot
- Baking sheet
- 2 Small bowls
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
- Olive oil (5 tsp | 8 tsp)

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1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees.
- Heat a **drizzle of oil** in a small pot over medium heat. Stir in **¼ tsp turmeric** (½ tsp for 4 servings) until combined.
- Stir in **rice, one of the stock concentrates (two for 4), 1¼ cups water (2¼ cups for 4), a big pinch of salt, and pepper.** Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in Step 5.



4 COOK CHICKPEAS

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **scallion whites, half the Shawarma Spice Blend (all for 4 servings), 1 tsp garlic powder (2 tsp for 4), salt, and pepper.** (You'll use the rest of the garlic powder in the next step.) Cook, stirring, until fragrant, 1 minute.
- Stir in **chickpeas and their liquid** and **remaining stock concentrates.** Cook, stirring occasionally, until chickpeas are glazed and liquid has mostly evaporated, 4-6 minutes.
- Remove pan from heat. Stir in a **squeeze of lemon juice;** season with **salt and pepper** to taste.



2 PREP

- **Wash and dry produce.**
- Quarter **lemon.** Dice **tomato.** Quarter **cucumber** lengthwise; slice into ½-inch-thick quarter-moons. Trim and thinly slice **scallions,** separating whites from greens.



5 TOAST PITAS & FINISH RICE

- While chickpeas cook, brush **pitas** all over with a **drizzle of olive oil;** season with **remaining garlic powder, salt, and pepper.** Place on a baking sheet and toast on top rack until softened and warmed through, 3-4 minutes. Cut pitas into four wedges each.
- Fluff **rice** with a fork; stir in **almonds** and **remaining scallion greens.** Season with **salt and pepper** to taste.



3 MIX HUMMUS & MAKE SALAD

- In a small bowl, combine **hummus, 1 TBSP olive oil, ½ tsp garlic powder (you'll use more later), and juice from one lemon wedge (2 TBSP olive oil, 1 tsp garlic powder, and juice from two lemon wedges for 4 servings).** Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt and pepper.**
- In a separate small bowl (**medium bowl for 4**), combine **tomato, cucumber, half the scallion greens,** juice from one lemon wedge (**two wedges for 4**), a **drizzle of olive oil, salt, and pepper.**

- Pat **chicken*** dry with paper towels; season all over with **salt and pepper.** Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



6 SERVE

- Divide **rice** between bowls. Top with **chickpeas** and **salad** in separate sections. Drizzle bowls with **hummus sauce** and **hot sauce** to taste. Serve with **pitas** and any **remaining lemon wedges** on the side. **TIP: If you like, scoop up some of the rice, chickpeas, veggies, and sauces with the pita and eat it all in one bite!**
- Slice **chicken** crosswise. Top **rice** with chicken along with **chickpeas** and **salad.**

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