



# VEGAN ASPARAGUS & GOLDEN RICE BOWLS

with Peas, Red Onion & Pistachio-Parsley Chimichurri

## INGREDIENTS

2 PERSON | 4 PERSON



2 Cloves | 4 Cloves  
Garlic



1 tsp | 1 tsp  
Turmeric



3/4 Cup | 1 1/2 Cups  
Jasmine Rice



1 | 2  
Veggie Stock  
Concentrate



1/4 oz | 1/2 oz  
Parsley



1 | 1  
Red Onion



6 oz | 12 oz  
Asparagus



1/2 oz | 1 oz  
Pistachios  
Contains: Tree Nuts



1 tsp | 2 tsp  
Garlic Powder



5 tsp | 5 tsp  
Red Wine  
Vinegar



4 oz | 8 oz  
Peas



1 oz | 2 oz  
Golden Raisins



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## HelloCustom

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



10 oz | 20 oz  
Chopped Chicken  
Breast

Calories: 860



10 oz | 20 oz  
Ground Turkey

Calories: 900



PREP: 15 MIN | COOK: 25 MIN | CALORIES: 670





HELLO

## TURMERIC

A warming, vibrantly colored spice that imparts its signature gold hue to fragrant jasmine rice

## AWESOME SAUCE

Adjust the chimichurri to taste, adding more vinegar if you want it tangier. And, if you like things hot, add a pinch of chili flakes from your pantry!

## BUST OUT

- Small pot
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) 🍷 🍷
- Olive oil (2½ TBSP | 5 TBSP)

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

🍷 \*Ground Turkey is fully cooked when internal temperature reaches 165°.



### 1 START PREP & COOK RICE

- Wash and dry produce.
- Peel and mince **garlic**.
- Heat a **drizzle of oil** in a small pot over medium-high heat. Add half the minced garlic and **half the turmeric (all the turmeric for 4 servings)**. Cook, stirring constantly, until fragrant, 30-60 seconds.
- Add **rice, stock concentrate, 1¼ cups water (2¼ cups for 4), and a pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 3 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **asparagus** and **sliced onion**; season with **salt** and **pepper**. Cook, stirring, until lightly browned and tender, 3-5 minutes.
- In the last minute of cooking, stir in **peas** and **remaining minced garlic**. Cook, stirring occasionally, until garlic is fragrant and peas are warmed through.

- 🍷 Use pan used for chicken or turkey here. Once peas are warmed through, stir **chicken** or **turkey** into pan.



### 2 FINISH PREP & MAKE SAUCE

- While rice cooks, mince **parsley**. Roughly chop **pistachios**. Trim and discard woody bottom ends from **asparagus**; cut crosswise into 1-inch pieces. Halve, peel, and thinly slice **half the onion (whole onion for 4 servings)**.
- In a small bowl, combine parsley, pistachios, **garlic powder**, **2½ TBSP olive oil**, **1 tsp vinegar**, **salt**, and **pepper (5 TBSP olive oil and 2 tsp vinegar for 4)**. **TIP: Add a little more vinegar if you prefer a tangier chimichurri.**

- 🍷 Open package of **chicken\*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey\***; season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



### 4 FINISH & SERVE

- Fluff **rice** with a fork; stir in **raisins**.
- Divide rice between shallow bowls and top with **veggies**. Drizzle **chimichurri** over top. Serve.