

# **INGREDIENTS**

2 PERSON | 4 PERSON

Chickpeas



1/2 Cup | 1 Cup Basmati Rice



Red Onion



1 TBSP | 2 TBSP Turkish Spice Blend



½ oz | 1 oz Pistachios Contains: Tree Nuts



1 Clove | 2 Cloves Garlic



1/4 OZ | 1/4 OZ Parsley



1/4 oz | 1/4 oz Chives

Grape Tomatoes

Veggie Stock Concentrate

4 TBSP | 8 TBSP

Hummus

Contains: Sesame



1 oz 2 oz Golden Raisins



ANY ISSUES WITH YOUR ORDER?



# **HelloCustom**

2 PERSON | 4 PERSON

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

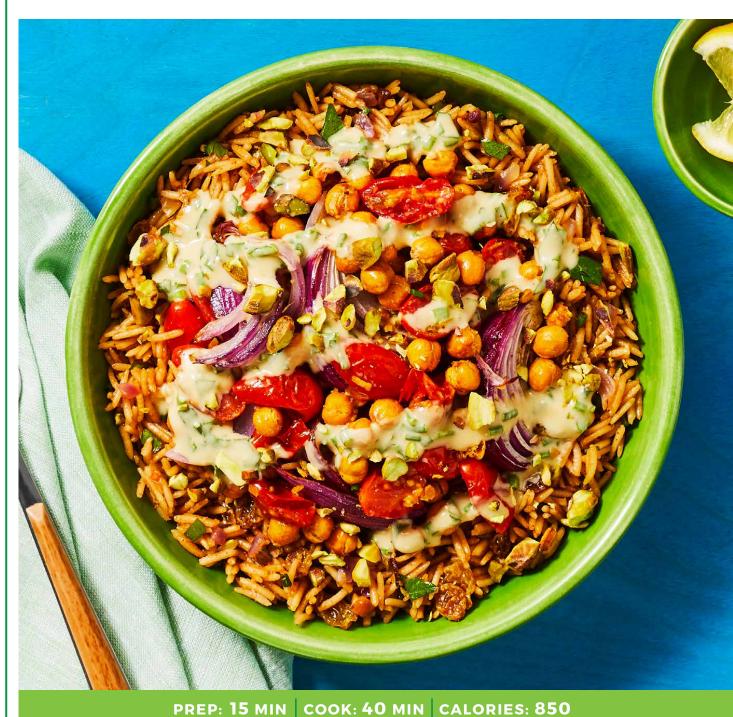


1¼ Cups | 2½ Cups Brown Rice



# **VEGAN TURKISH-SPICED CHICKPEA BOWLS**

with Pistachio Basmati Rice & Lemon-Herb Hummus Sauce





## HELLO

## **TURKISH SPICE BLEND**

A warm and savory blend of cumin, garlic, coriander, and chili

## **PEAS OF YOUR HEART**

After draining and rinsing your chickpeas, pat them super-dry with paper towels so they get nice and crispy in the oven.

#### **BUST OUT**

- Zester
- 2 Small bowls
- Strainer
- Small pot
- Paper towels
- Baking sheet
- Kosher salt
- · Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (2 TBSP | 4 TBSP)

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#### 1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Zest and quarter lemon. Halve, peel, and cut **onion** into ½-inch-thick wedges; mince a few wedges until vou have 2 TBSP (4 TBSP for 4). Peel and mince or grate garlic. Roughly chop **pistachios**. Halve **tomatoes** lengthwise. Drain and rinse chickpeas: pat very dry with paper towels. Roughly chop parsley and chives.
- In a small bowl, combine raisins with iuice from one lemon wedge (two wedges for 4).



## **2 COOK RICE**

- Heat a drizzle of oil in a small pot over medium-high heat. Add minced onion, garlic, half the pistachios (save the rest for serving), half the Turkish Spice Blend (you'll use the rest in the next step), and a pinch of salt. Cook, stirring, 1 minute.
- Stir in rice, 34 cup water (11/2 cups for 4 servings), stock concentrate, and a big pinch of salt. 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.
- Swap in **brown rice** for basmati rice; use 13/4 cups water (31/2 cups for 4 servings). Cook until tender. 20-25 minutes. Keep covered off heat until ready to use in Step 5. (Save basmati rice for another use.)



## **3 ROAST VEGGIES & CHICKPEAS**

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



# **4 MAKE SAUCE**

· While everything roasts, in a second small bowl, combine hummus, half the parsley and chives, 2 TBSP olive oil (4 TBSP for 4 servings), and juice from one lemon wedge (two wedges for 4). Season with salt. Stir in water 1 tsp at a time until mixture reaches a drizzling consistency.



#### **5 FINISH RICE & TOSS VEGGIES**

- Fluff rice with a fork: stir in raisins and their pickling liquid and remaining parsley and chives. Season with salt and pepper.
- Toss veggies and chickpeas with lemon zest.



## 6 SERVE

• Divide **rice** between shallow bowls or plates. Top with veggies and chickpeas. Drizzle with **hummus sauce** to taste. Garnish with remaining pistachios and a squeeze of lemon juice to taste. Serve with any **remaining lemon wedges** on the side.