



# VEGAN SPICE MARKET CHICKPEA & RICE BOWLS

with Blistered Tomatoes, Schug Sauce, Lemon Aioli & Pistachios

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



12 oz | 24 oz  
Carrots



2 | 4  
Veggie Stock Concentrates



1 TBSP | 2 TBSP  
Shawarma Spice Blend



¾ Cup | 1½ Cups  
Jasmine Rice



1 tsp | 2 tsp  
Chili Powder



¼ oz | ½ oz  
Parsley



1 | 2  
Lemon



1 | 1  
Jalapeño



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



4 oz | 8 oz  
Grape Tomatoes



1 tsp | 2 tsp  
Garlic Powder



4 TBSP | 8 TBSP  
Vegan Mayonnaise



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  
Chicken Cutlets

Calories: 1270



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 1440



PREP: 15 MIN | COOK: 30 MIN | CALORIES: 1090





HELLO

## SHAWARMA SPICE BLEND

This aromatic spice blend features turmeric, cumin, coriander, and allspice.

### CRISPY BUSINESS

After draining and rinsing your chickpeas, gently pat them super dry with paper towels so they crisp up in the oven.

### BUST OUT

- Strainer
- Paper towels
- Peeler
- Baking sheet
- Small pot
- Zester
- Medium pan
- 2 Small bowls
- Large pan 🍳 🍳
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 🍳 🍳
- Olive oil (5½ tsp | 10 tsp)
- Sugar (¼ tsp | ½ tsp)



### 1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; pat dry with paper towels. Trim, peel, and cut **carrots** on a diagonal into ½-inch pieces (**halve lengthwise first if carrots are on the larger side**).



### 2 ROAST CHICKPEAS & CARROTS

- Toss **chickpeas** on one side of a baking sheet with **half the stock concentrates, half the Shawarma Spice Blend, a drizzle of oil, salt, and pepper**. Toss **carrots** on empty side of sheet with remaining Shawarma Spice Blend, another **drizzle of oil, salt, and pepper**.
- Roast on top rack until chickpeas are browned and crispy and carrots are browned and tender, 18-22 minutes.



### 3 COOK RICE

- Meanwhile, in a small pot, combine **rice, half the chili powder (you'll use more later), remaining stock concentrate, 1¼ cups water (2¼ cups for 4 servings), and a pinch of salt**. Bring to a boil, then reduce to simmer; cover and cook until tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 4 FINISH PREP

- While rice cooks, finely chop **parsley**. Zest and quarter **lemon**. Mince **jalapeño**, removing ribs and seeds for less heat. Roughly chop **pistachios**.

- 🍳 Pat **chicken\*** or **salmon\*** dry with paper towels and season all over with **salt and pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board.



### 5 BLISTER TOMATOES

- Heat a **drizzle of oil** in a medium pan over high heat. Add **tomatoes**; cook, stirring occasionally, until blistered, 2-3 minutes. Remove pan from heat; season with **salt and pepper**.



### 6 MAKE SCHUG & AIOLI

- In a small bowl, combine **parsley, half the garlic powder, remaining chili powder, 1½ TBSP olive oil (3 TBSP for 4 servings), a big squeeze of lemon juice**, and as much **jalapeño** as you like. Season with **salt and pepper**.
- In a separate small bowl, combine **mayonnaise**, remaining garlic powder, **¼ tsp sugar (½ tsp for 4)**, a squeeze of lemon juice, and a **pinch of lemon zest**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt and pepper**.



### 7 FINISH & SERVE

- Fluff **rice** with a fork; stir in a **drizzle of olive oil** and season with **salt and pepper**.
- Divide rice between bowls; top with **chickpeas, carrots, and tomatoes**. Drizzle everything with **lemon aioli and schug sauce**. Garnish with **pistachios** and serve with any **remaining lemon wedges** on the side.

- 🍳 Slice **chicken** crosswise (**skip slicing salmon**); serve chicken or **salmon** atop bowls.

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

🍳 \*Salmon is fully cooked when internal temperature reaches 145°.

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