



VEGAN TURKISH-SPICED CHICKPEA BOWLS

with Pistachio Basmati Rice & Lemon-Herb Hummus Sauce

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Basmati Rice



1 | 2
Chickpeas



4 oz | 8 oz
Grape Tomatoes



1 | 2
Red Onion



1 | 2
Lemon



1 | 2
Veggie Stock Concentrate



1 TBSP | 2 TBSP
Turkish Spice Blend



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



4 TBSP | 8 TBSP
Hummus
Contains: Sesame



1 Clove | 2 Cloves
Garlic



¼ oz | ¼ oz
Parsley



¼ oz | ¼ oz
Chives



1 oz | 2 oz
Golden Raisins



ANY ISSUES WITH YOUR ORDER?
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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
Diced Chicken Thighs
Calories: 1030



10 oz | 20 oz
Ground Turkey
Calories: 1080



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 840



HELLO FRESH

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
- Strainer
- Paper towels
- 2 Small bowls
- Small pot
- Baking sheet
- Large pan 🍳 🍳
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 🍳 🍳
- Olive oil (2 TBSP | 4 TBSP)

MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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

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



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 you 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 **juice from one lemon wedge (two wedges for 4)**.



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.

- 🍳 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***; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



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**, **¾ cup water (1½ 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.



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**.



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.)



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.

- 🍳 Top **rice** with **chicken** or **turkey** along with **veggies and chickpeas**.