



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?
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
Diced Chicken Thighs
Calories: 1030



10 oz | 20 oz
Ground Turkey
Calories: 1080



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



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
- Small pot
- Strainer
- Baking sheet
- Paper towels
- 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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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 1/2-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, 3/4 cup water (1 1/2 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.



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.

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