



# 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



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



1 tsp | 2 tsp  
Chili Powder



1/4 oz | 1/2 oz  
Parsley



1 | 2  
Lemon



1 | 1  
Jalapeño



1/2 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



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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  
Chicken Cutlets

Calories: 1270



10 oz | 20 oz  
Salmon  
Contains: Fish



Calories: 1430



PREP: 15 MIN | COOK: 30 MIN | CALORIES: 1080



## 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)

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

*For HelloCustom nutritional information, please refer to HelloFresh.com.*



## 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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