

## **INGREDIENTS**

2 PERSON | 4 PERSON

12 oz | 24 oz

Carrots

3/4 Cup | 11/2 Cups

Jasmine Rice

**Grape Tomatoes** 

Veggie Stock

Concentrates

1 tsp | 2 tsp

Chili Powder

Jalapeño 🖠

1tsp 2tsp Garlic Powder



Chickpeas



1 TBSP | 2 TBSP Shawarma Spice Blend



¼ oz | ½ oz Parsley



1/2 oz 1 oz Pistachios



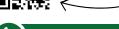
**Contains: Tree Nuts** 



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



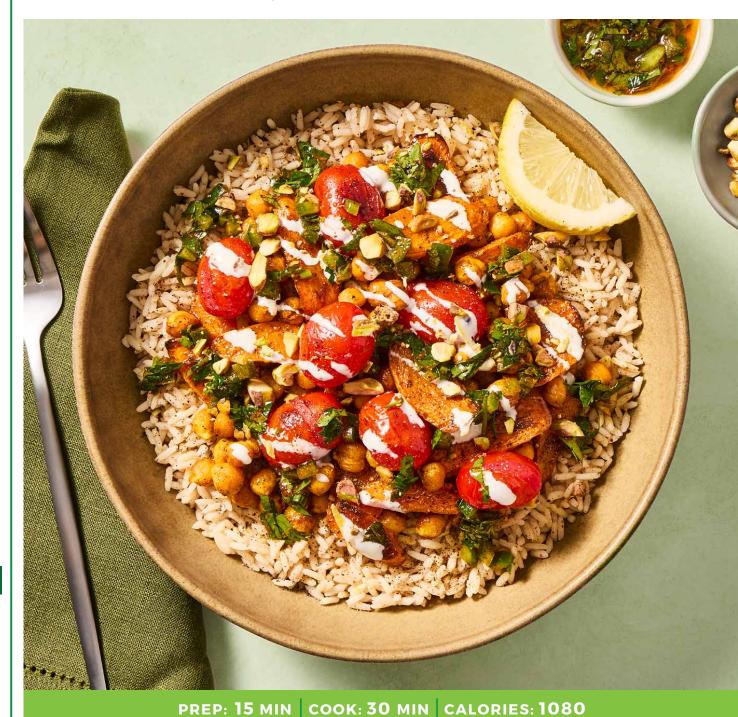
10 oz | 20 oz Salmon Contains: Fish



G Calories: 1430

# **VEGAN SPICE MARKET CHICKPEA & RICE BOWLS**

with Blistered Tomatoes, Schug Sauce, Lemon Aioli & Pistachios





#### **BUST OUT**

Zester

Medium pan

• 2 Small bowls

• Large pan 😉 😉

- Strainer
- Paper towels
- Peeler
- Baking sheet
- Small pot
- 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. 11/4 cups water (21/4 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.



• 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, 11/2 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, 1/4 tsp sugar (1/2 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

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