



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: 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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