



VEGAN SHAWARMA-SPICED CHICKPEAS

with Pistachio Rice, Cucumber Salad & Garlicky White Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



1 | 2
Shallot



2 Cloves | 4 Cloves
Garlic



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



2 | 4
Veggie Stock
Concentrates



1 TBSP | 2 TBSP
Shawarma Spice
Blend



½ Cup | 1 Cup
Basmati Rice



1 | 2
Mini Cucumber



4 oz | 8 oz
Grape Tomatoes



1 | 2
Lemon



6 TBSP | 12 TBSP
Vegan Mayonnaise



1 tsp | 2 tsp
Hot Sauce



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: 1160



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1320



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 970



HELLO





SHAWARMA SPICE BLEND

This aromatic spice blend features turmeric, cumin, coriander, and allspice.

MAKING THE CUT

Always seem to squish tomatoes when you're slicing? Switch to a serrated or bread knife! The teeth on the blade will cut through the skin every time.

BUST OUT

- Strainer
- Paper towels
- Medium bowl
- Aluminum foil
- Baking sheet
- Small pot
- Zester
- Small bowl
- Whisk
- Large pan  
- Kosher salt
- Black pepper
- Cooking oil **(5 tsp | 5 tsp)**
(1 tsp | 1 tsp)  
- Olive oil **(1 tsp | 2 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.

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1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; dry thoroughly with paper towels, removing as much moisture as possible. Halve, peel, and thinly slice **shallot**; mince a few slices until you have 2 TBSP **(4 TBSP for 4 servings)**. Peel and mince or grate **garlic**. Roughly chop **pistachios**.




2 ROAST CHICKPEAS

- In a medium bowl, toss **chickpeas** with **half the stock concentrates**, **half the Shawarma Spice Blend** (you'll use the rest in the next step), a **large drizzle of oil**, and a **pinch of salt and pepper**.
- Spread chickpeas out in a single layer on a **lightly oiled** foil-lined baking sheet. Roast on top rack, tossing halfway through, until chickpeas are slightly crispy, 18-20 minutes. **(It's natural for chickpeas to pop a bit while roasting.)**
- Wipe out bowl.



3 COOK RICE

- While chickpeas roast, heat a **large drizzle of oil** in a small pot (use a medium pot for 4 servings) over medium-high heat. Add **minced shallot**, **half the garlic**, **half the pistachios**, **remaining Shawarma Spice Blend**, and a **big pinch of salt**. Cook, stirring, until fragrant, 30-60 seconds.
- Stir in **rice**, **remaining stock concentrate**, and **¾ cup water** (1½ cups for 4). Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

-  While the rice cooks, pat **chicken*** or **salmon*** dry with paper towels; season 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 browned and 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 to rest.



4 FINISH PREP & MAKE SALAD

- Quarter **cucumber** lengthwise; slice into ½-inch-thick pieces. Halve **tomatoes** lengthwise. Zest and quarter **lemon**.
- In bowl used for chickpeas, combine cucumber, tomatoes, and as much **sliced shallot** as you like. Toss with **half the lemon zest**, **juice from one lemon wedge**, and a **drizzle of olive oil**. (For 4 servings, use juice from two wedges and a large drizzle of olive oil.) Season with **salt** and **pepper** to taste.





5 MAKE WHITE SAUCE

- In a small bowl, whisk together **mayonnaise**, **remaining garlic**, **remaining lemon zest**, and **juice from one lemon wedge** (two wedges for 4 servings).
- Whisk in **2 TBSP water** (4 TBSP for 4) until combined. **(If needed, add water 1 tsp at a time until sauce reaches a drizzling consistency.)** Season **white sauce** with **salt** and **pepper** to taste.



6 FINISH & SERVE

- Fluff **rice** with a fork. Season with **salt** and **pepper**.
- Divide rice between shallow bowls. Top with **cucumber salad** and **roasted chickpeas** in separate sections. Drizzle everything with **white sauce** and as much **hot sauce** as you like. Sprinkle with **remaining pistachios** and serve with **remaining lemon wedges** on the side.
-  Thinly slice **chicken** crosswise (**skip slicing salmon!**). Serve chicken or **salmon** atop **rice**.

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

 *Salmon is fully cooked when internal temperature reaches 145°.