



SHAWARMA-SPICED CHICKPEA BOWLS

with Pistachio Rice & Garlicky White Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



1 Clove | 2 Cloves
Garlic



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



1 | 2
Chickpeas



¼ oz | ½ oz
Cilantro



1 | 2
Lemon



1 TBSP | 2 TBSP
Shawarma Spice Blend



4 oz | 8 oz
Grape Tomatoes



½ Cup | 1 Cup
Basmati Rice



1 | 2
Veggie Stock Concentrate



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



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
Shrimp
Contains: Shellfish
Calories: 800



10 oz | 20 oz
Chopped Chicken Breast
Calories: 880



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 680



HELLO

SHAWARMA SPICE BLEND

An aromatic blend featuring turmeric, cumin, coriander, and allspice

PEAS OF MIND

After draining and rinsing your chickpeas, gently pat them super dry with paper towels so they crisp up in the oven.

BUST OUT

- Strainer
- Paper towels
- Zester
- Small pot
- Baking sheet
- Small bowl
- Large pan

- Kosher salt
 - Black pepper
 - Olive oil (2 tsp | 2 tsp)
 - Cooking oil (1 tsp | 1 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

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 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve, peel, and cut **onion** into ½-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**. Drain and rinse **chickpeas**; pat very dry with paper towels. Roughly chop **cilantro**. Zest and quarter **lemon**.



4 MAKE SAUCE

- While veggies and chickpeas roast, in a small bowl, combine **sour cream** with **remaining garlic** to taste. Season with **salt**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.
- Rinse **shrimp*** under cold water; pat dry with paper towels. Open package of **chicken*** and drain off any excess liquid. Season shrimp or chicken all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Once pan is hot, add shrimp or chicken and cook, stirring occasionally, until opaque and cooked through, 4-6 minutes. Transfer to a plate.



2 COOK RICE

- Melt **1 TBSP butter** in a small pot over medium-high heat (**use 2 TBSP butter and a medium pot for 4 servings**). Add **minced onion**, **half the garlic**, **half the pistachios** (*save the rest for serving*), **half the Shawarma Spice Blend** (*you'll use the rest in the next step*), and a **pinch of salt**. Cook, stirring, 1 minute.
- Stir in **rice**, **¾ cup water** (1½ cups for 4), **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 FLUFF & TOSS

- Fluff **rice** with a fork; stir in **half the cilantro**. 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 olive oil**, **remaining Shawarma Spice Blend**, a **few pinches of salt**, and **pepper**. (For 4 servings, divide everything between 2 baking sheets; roast on top and middle racks, tossing veggies and swapping rack positions halfway through roasting.)
- Roast on top rack, tossing halfway through, until veggies are tender and lightly charred and chickpeas are crispy, 18-20 minutes. (*It's natural for chickpeas to pop a bit.*)



6 SERVE

- Divide **rice** between shallow bowls or plates. Top with **veggies** and **chickpeas**. Drizzle with **garlicky white sauce** and **hot sauce** to taste. Sprinkle with **remaining pistachios** and **cilantro**. Top with **lemon juice** to taste; serve with any **remaining lemon wedges** on the side.

Serve **shrimp** or **chicken** atop bowls.



*Shrimp are fully cooked when internal temperature reaches 145°.

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