



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



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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: 870



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1030



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.

- 🍳 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.

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

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



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.

- 🍳 Slice chicken crosswise (skip slicing salmon!). Serve chicken or salmon atop bowls.