



VEGAN STREET CART-STYLE CHICKPEA BOWLS

with Yellow Rice, Garlicky Hummus Sauce & Pitas

INGREDIENTS

2 PERSON | 4 PERSON



1 tsp | 1 tsp
Turmeric



¾ Cup | 1½ Cups
Jasmine Rice



3 | 6
Veggie Stock Concentrates



1 | 2
Lemon



2 | 4
Scallions



1 | 2
Tomato



1 | 1
Cucumber



4 TBSP | 8 TBSP
Hummus
Contains: Sesame



2 tsp | 4 tsp
Garlic Powder



1 TBSP | 1 TBSP
Shawarma Spice Blend



1 | 2
Chickpeas



2 | 4
Pitas
Contains: Sesame, Wheat



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



2 tsp | 4 tsp
Hot Sauce



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.



HelloCustom

2 PERSON | 4 PERSON

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: 1290



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 1100



HELLO

YELLOW RICE

Infused with fragrant turmeric for a subtle, earthy flavor and golden hue.

GET TOASTY

If you have an extra minute, toast the almonds in a dry pan over medium heat to amp up their flavor. Be sure to watch carefully so they don't burn!

BUST OUT

- Small pot
- 2 Small bowls
- Large pan
- Baking sheet
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
- Olive oil (5 tsp | 8 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.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



1 COOK RICE

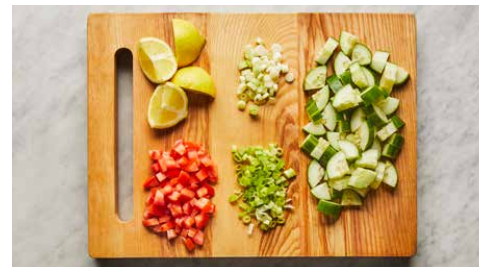
- Adjust rack to top position and preheat oven to 425 degrees.
- Heat a drizzle of oil in a small pot over medium heat. Stir in ¼ tsp turmeric (½ tsp for 4 servings) until combined.
- Stir in rice, one of the stock concentrates (two for 4), 1¼ cups water (2¼ cups for 4), a big pinch of salt, and pepper. 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.



4 COOK CHICKPEAS

- Heat a drizzle of oil in a large pan over medium-high heat. Add scallion whites, half the Shawarma Spice Blend (all for 4 servings), 1 tsp garlic powder (2 tsp for 4), salt, and pepper. (You'll use the rest of the garlic powder in the next step.) Cook, stirring, until fragrant, 1 minute.
- Stir in chickpeas and their liquid and remaining stock concentrates. Cook, stirring occasionally, until chickpeas are glazed and liquid has mostly evaporated, 4-6 minutes.
- Remove pan from heat. Stir in a squeeze of lemon juice; season with salt and pepper to taste.

Use pan used for chicken here.



2 PREP

- Wash and dry produce.
- Quarter lemon. Dice tomato. Quarter cucumber lengthwise; slice into ½-inch-thick quarter-moons. Trim and thinly slice scallions, separating whites from greens.



5 TOAST PITAS & FINISH RICE

- While chickpeas cook, brush pitas all over with a drizzle of olive oil; season with remaining garlic powder, salt, and pepper. Place on a baking sheet and toast on top rack until softened and warmed through, 3-4 minutes. Cut pitas into four wedges each.
- Fluff rice with a fork; stir in almonds and remaining scallion greens. Season with salt and pepper to taste.



3 MIX HUMMUS & MAKE SALAD

- In a small bowl, combine hummus, 1 TBSP olive oil, ½ tsp garlic powder (you'll use more later), and juice from one lemon wedge (2 TBSP olive oil, 1 tsp garlic powder, and juice from two lemon wedges for 4 servings). Add water 1 tsp at a time until mixture reaches a drizzling consistency. Season with salt and pepper.
- In a separate small bowl (medium bowl for 4), combine tomato, cucumber, half the scallion greens, juice from one lemon wedge (two wedges for 4), a drizzle of olive oil, salt, and pepper.

- Pat chicken* dry with paper towels; season all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



6 SERVE

- Divide rice between bowls. Top with chickpeas and salad in separate sections. Drizzle bowls with hummus sauce and hot sauce to taste. Serve with pitas and any remaining lemon wedges on the side. TIP: If you like, scoop up some of the rice, chickpeas, veggies, and sauces with the pita and eat it all in one bite!

- Slice chicken crosswise. Top rice with chicken along with chickpeas and salad.

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