



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
 - Baking sheet
 - 2 Small bowls
 - Paper towels [Ⓢ]
 - Large pan
- 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.

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1 COOK RICE

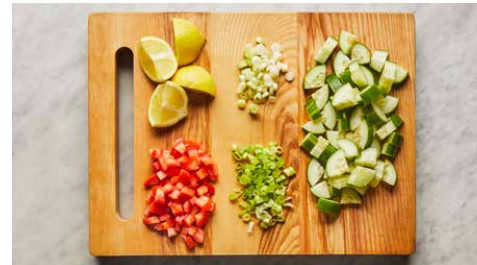
- Adjust rack to top position and preheat oven to 425 degrees.
- Heat a **drizzle of oil** in a small pot over medium heat. Stir in **¼ tsp turmeric** (½ tsp for 4 servings) until combined.
- Stir in **rice, one of the stock concentrates (two for 4), 1¼ cups water (2¼ cups for 4), a big pinch of salt, 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 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 wedges for 4 servings)**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt and pepper**.
- In a medium bowl, 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 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 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°.