



MIDDLE EASTERN CHICKPEA BOWLS

with Spiced Basmati Rice & Garlicky White Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



1 Clove | 2 Cloves
Garlic



1 | 2
Chickpeas



¼ oz | ¼ 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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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: 730



10 oz | 20 oz
Chopped Chicken Breast
Calories: 810



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 610



HELLO

SHAWARMA SPICE BLEND

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

THE RICE IS RIGHT

Fluffing rice right before serving is a simple but essential step to ensure each grain keeps its individual texture (and doesn't get mushy).

BUST OUT

- Strainer
 - Paper towels
 - Zester
 - Small pot
 - Baking sheet
 - Small bowl
 - Large pan 🍳 🍴
 - Kosher salt
 - Black pepper
 - Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) 🍳 🍴
 - Olive oil (1 tsp | 1 tsp)
 - Butter (½ TBSP | 1 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**. Drain and rinse **chickpeas**; dry thoroughly with paper towels. Roughly chop **cilantro**. Zest and quarter **lemon**.



4 MAKE SAUCE

- Meanwhile, in a small bowl, combine **sour cream** and **remaining garlic** to taste. Season with **salt**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot (**use a medium pot for 4 servings**) over medium-high heat. Add **minced onion**, **half the garlic**, **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 heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in step 5.



5 MIX & TOSS

- Fluff **rice** with a fork; stir in **half the cilantro** and **½ TBSP butter** (**1 TBSP for 4 servings**). Season with **salt** and **pepper**.
- Once **veggies** and **chickpeas** are done, remove from oven and toss with **lemon zest**.



3 ROAST VEGGIES & CHICKPEAS

- Meanwhile, toss **onion wedges**, **tomatoes**, and **chickpeas** on a baking sheet with a **drizzle of olive oil**, **remaining Shawarma Spice Blend**, **pepper**, and a **few pinches of salt**. (**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 while roasting.**)

- 🍳 Rinse **shrimp*** under cold water and pat dry with paper towels or open package of **chicken*** and drain off any excess liquid. Season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken; cook, stirring occasionally, until cooked through, 4-6 minutes. Transfer to a plate.



6 SERVE

- Divide **rice** between shallow bowls. Top with **veggies and chickpeas**. Drizzle with **garlicky white sauce** and **hot sauce** to taste. Sprinkle with **remaining 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°.