

### **INGREDIENTS** 2 PERSON | 4 PERSON 1 2 1 2 1 Clove(s) | 2 Clove(s) Lemon Red Onion Garlic 1/2 oz 1 oz 4 oz 8 oz 1 2 Chickpeas Pistachios Grape Tomatoes **Contains: Treenuts** ¼ oz | ¼ oz 14 oz | 14 oz 1 oz 2 oz Chives Parsley **Golden Raisins** 1 TBSP | 2 TBSP 1/2 Cup(s) | 1 Cup(s) 1 2 Turkish Spice Blend Basmati Rice Veggie Stock Concentrate 4 TBSP | 8 TBSP Hummus Contains: Sesame 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 If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card. 10 oz 20 oz 10 oz 20 oz S Chicken Cutlets Bavette Steak G Calories: 1030 G Calories: 1110

# **VEGAN TURKISH-SPICED CHICKPEA BOWLS**

with Pistachio Basmati Rice & Lemon-Herb Hummus Sauce



PREP: 15 MIN COOK: 40 MIN CALORIES: 840

36



# HELLO

# **TURKISH SPICE BLEND**

A warm and savory blend of cumin, garlic, coriander, and chili

# PEAS OF YOUR HEART

After draining and rinsing your chickpeas, pat them super-dry with paper towels so they get nice and crispy in the oven.

# **BUST OUT**

•	Zester	•	2 Small bowls
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Strainer

 Small pot Paper towels Baking sheet

- Kosher Salt
- Black Pepper

#### Cooking Oil Olive Oil

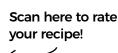
# **MORE IS MORE**

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?**





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Poultry is fully cooked when internal temperature reaches 165





#### **1 PREP**

- Adjust rack to top position (top and middle) positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Zest and guarter **lemon**. 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. Halve tomatoes lengthwise. Drain and rinse **chickpeas**; pat very dry with paper towels. Roughly chop parslev and chives.
- In a small bowl, combine raisins with juice from one lemon wedge (two wedges for 4).

**4 MAKE SAUCE** 

a drizzling consistency.

to a cutting board to rest.

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• While everything roasts, in a second small

bowl, combine hummus, half the parsley

and chives, 2 TBSP olive oil (4 TBSP for 4

servings), and juice from one lemon wedge

(two wedges for 4). Season with salt. Stir in

water 1 tsp at a time until mixture reaches

Pat chicken\* or steak\* 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 steak: cook chicken until cooked through, 3-5

minutes per side, or cook steak to desired doneness, 5-7 minutes per side, Transfer



### **2 COOK RICE**

- Heat a drizzle of oil in a small pot over medium-high heat. Add minced onion, garlic, half the pistachios (save the rest for serving), half the Turkish Spice Blend (you'll use the rest in the next step), and a pinch of salt. Cook, stirring, 1 minute.
- Stir in rice, 34 cup water (11/2 cups for 4 servings), 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.



#### **3 ROAST VEGGIES & CHICKPEAS**

- Meanwhile, toss onion wedges, tomatoes. and chickpeas on a baking sheet with a large drizzle of oil, remaining Turkish Spice Blend, a few pinches of salt, and pepper. (For 4 servings, use 2 baking sheets; roast on top and middle racks, swapping rack positions halfway through.)
- Roast on top rack, tossing halfway through, until veggies are lightly charred and chickpeas are crispy, 18-20 minutes, (It's natural for chickpeas to pop a bit while roasting.)



# **5 FINISH RICE & TOSS VEGGIES**

- Fluff rice with a fork; stir in raisins and their pickling liquid and remaining parsley and chives. Season with salt and pepper.
- Toss veggies and chickpeas with lemon zest



# **6 SERVE**

- Divide rice between shallow bowls or plates. Top with veggies and chickpeas. Drizzle with hummus sauce to taste. Garnish with **remaining pistachios** and a squeeze of lemon juice to taste. Serve with any remaining lemon wedges on the side.
- G Thinly slice **chicken** or **steak** against the grain; serve atop bowls.