



MIDDLE EASTERN CHICKPEA BOWLS

with Spiced Basmati Rice & Garlicky White Sauce

HALL OF FAME

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



1 Clove | 2 Cloves
Garlic



13.4 oz | 26.8 oz
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



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Hot Sauce



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the HelloCustom instructions on the flip side of this card to learn how to modify your meal.

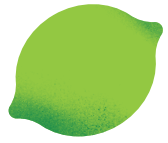


10 oz | 20 oz
Bavette Steak

Calories: 1030



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 640



HELLO FRESH

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HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

THE RICE IS RIGHT

Fluffing rice right before serving is a simple (but essential!) step. Why go through the trouble? Running a fork through the mixture helps make sure each grain keeps its individual texture, yielding light and tender results.

BUST OUT

- Strainer
- Paper towels
- Zester
- Small pot
- Baking sheet
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (½ TBSP | 1 TBSP)
Contains: Milk
- Large pan
- Cooking oil (1 tsp | 1 tsp)

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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** (**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**, **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.**)

- Pat **steak*** dry with paper towels; season generously all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add steak and cook to desired doneness, 5-7 minutes per side. Transfer to a cutting board to rest for at least 5 minutes.



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.
- Thinly slice **steak** against the grain; serve atop bowls.

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