



ROASTED CAULIFLOWER & SMOKY CINNAMON CHICKPEAS

over Apricot Rice with Hot Sauce Crema



HELLO

SMOKY CINNAMON PAPRIKA SPICE

Made with a bevy of warming spices—including cloves, cinnamon, and smoked paprika—and a sprinkle of sugar for sweet and savory complexity

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 740



Chickpeas



Carrots



Lemon



Basmati Rice



Hot Sauce



Cauliflower Florets



Scallion



Smoky Cinnamon Paprika Spice



Sour Cream (Contains: Milk)



Dried Apricots

START STRONG

When prepping your chickpeas, you'll want them as dry as possible to help them roast to crispy perfection. (The more moisture there is on the surface, the more likely they are to steam!) After draining and rinsing, place the chickpeas on a layer of paper towels and pat dry while rolling the beans to dry on all sides.

BUST OUT

- Strainer
- Paper towels
- Peeler
- Zester
- Small pot
- Olive oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Baking sheet
- Small bowl
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Chickpeas 13.4 oz | 26.8 oz
- Cauliflower Florets 10 oz | 20 oz
- Carrots 6 oz | 12 oz
- Scallion 1 | 2
- Lemon 1 | 1
- Basmati Rice ½ Cup | 1 Cup
- Smoky Cinnamon Paprika Spice 1 TBSP | 2 TBSP
- Sour Cream 4 TBSP | 8 TBSP
- Hot Sauce 1 tsp | 2 tsp
- Dried Apricots 1 oz | 2 oz



1 PREP

Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Drain and rinse **chickpeas**; pat very dry with paper towels. Cut **cauliflower florets** into bite-size pieces. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallion**, separating whites from greens. Zest and quarter **lemon**.



4 MAKE CREMA

Meanwhile, in a small bowl, combine **sour cream** and **hot sauce** to taste. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



2 COOK RICE

Heat a drizzle of **olive oil** in a small pot over medium-high heat. Add **scallion whites** and cook until fragrant, 1 minute. Add **rice**, **¾ cup water** (1½ cups for 4 servings), 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 serve.



5 FINISH RICE

Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings), **apricots**, and **lemon zest** to taste. Taste and season with **salt** and **pepper**.



3 ROAST CHICKPEAS & VEGGIES

Meanwhile, toss **chickpeas**, **cauliflower**, and **carrots** on a baking sheet with **Cinnamon Paprika Spice**, a large drizzle of **olive oil**, and **1 tsp salt**. (For 4 servings, divide mixture between 2 baking sheets; use 2 tsp salt.) Roast on top rack until chickpeas are lightly browned and veggies are softened, 20-22 minutes. (**TIP:** It's natural for chickpeas to pop a bit while roasting!) Remove from oven. Squeeze **lemon juice** over mixture to taste.



6 SERVE

Divide **rice** between bowls. Top with **cauliflower**, **carrots**, **chickpeas**, and **crema**. Garnish with **scallion greens**. Serve with any remaining **lemon wedges** on the side.

RICE REMIX

Next time, try adding chopped toasted nuts to your apricot rice for added texture (we love almonds or pistachios).



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