



VEGAN TURKISH-SPICED CHICKPEA BOWLS

with Pistachio Basmati Rice & Lemon-Herb Hummus Sauce

NEW!

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Basmati Rice



1 | 2
Chickpeas



4 oz | 8 oz
Grape Tomatoes



1 | 2
Red Onion



1 | 2
Lemon



1 | 2
Veggie Stock Concentrate



1 TBSP | 2 TBSP
Turkish Spice Blend



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



4 TBSP | 8 TBSP
Hummus



1 Clove | 2 Cloves
Garlic



¼ oz | ¼ oz
Parsley



¼ oz | ¼ oz
Chives



1 oz | 2 oz
Golden Raisins



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets



10 oz | 20 oz
Barramundi
Contains: Fish

Calories: 1040

Calories: 1030



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 850



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
- Strainer
- Paper towels
- 2 Small bowls
- Small pot
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp)
- Olive oil (2 TBSP | 4 TBSP)

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com

*Chicken is fully cooked when internal temperature reaches 165°.

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



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 quarter **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 **parsley** and **chives**.
- In a small bowl, combine **raisins** with **juice from one lemon wedge (two wedges for 4)**.



4 MAKE SAUCE

- While everything roasts, in a second small bowl, combine **hummus**, **half the parsley and chives**, **2 TBSP olive oil (4 TBSP for 4)**, and **juice from one lemon wedge (two wedges for 4)**. Season with **salt**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.

- Pat **chicken*** or **barramundi*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large, preferably nonstick pan over medium-high heat. Cook chicken until cooked through, 3-5 minutes per side, or cook barramundi (**skin sides down**) until skin is crisp, 4-5 minutes, then flip and cook until cooked through, 2-3 minutes more. Transfer to a plate.



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**, **¾ cup water (1½ 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.



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**.



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.)



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.

• Serve **chicken** or **barramundi** atop bowls.