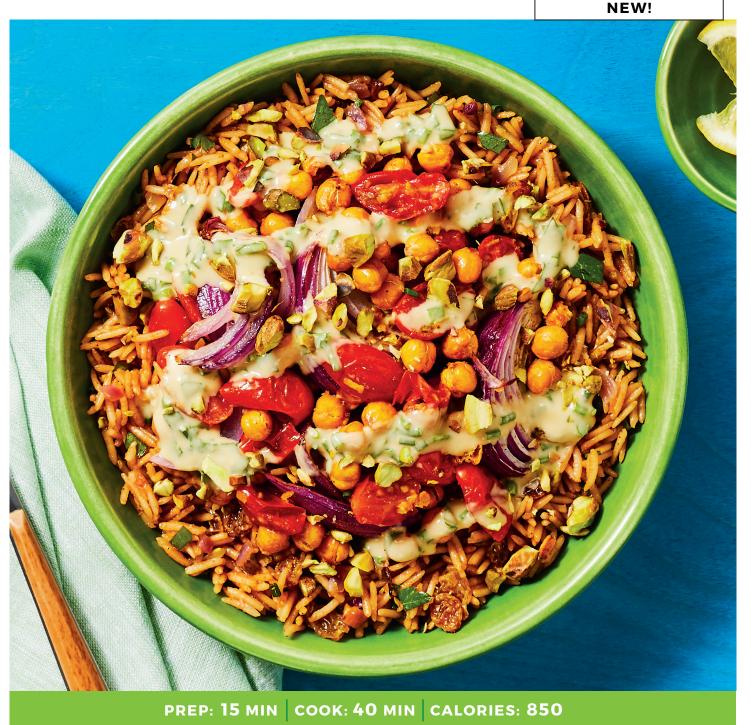


# **VEGAN TURKISH-SPICED CHICKPEA BOWLS**

with Pistachio Basmati Rice & Lemon-Herb Hummus Sauce



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# **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**

• Small pot

- Zester
- Strainer
   Baking sheet
- Paper towels
   Large pan
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) (3 (3)
- Olive oil (2 TBSP | 4 TBSP)

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\*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).



# 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.



### **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.)



#### 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 mediumhigh 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.



## 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.

Serve chicken or barramundi atop bowls.