



# SHAWARMA-SPICED CHICKPEA BOWLS

with Pistachio Rice & Garlicky White Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Red Onion



1 Clove | 2 Cloves  
Garlic



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



1 | 2  
Chickpeas



¼ oz | ½ 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



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



1 tsp | 2 tsp  
Hot Sauce



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## HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz  
Shrimp  
Contains: Shellfish

Calories: 830



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 680



HELLO



## SHAWARMA SPICE BLEND

An aromatic blend featuring turmeric, cumin, coriander, and allspice

## PEAS OF MIND

After draining and rinsing your chickpeas, gently pat them super dry with paper towels so they crisp up in the oven.

## BUST OUT

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

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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**. Roughly chop **pistachios**. Drain and rinse **chickpeas**; pat very dry with paper towels. Roughly chop **cilantro**. Zest and quarter **lemon**.



## 4 MAKE SAUCE

- While veggies and chickpeas roast, in a small bowl, combine **sour cream** with **remaining garlic** to taste. Season with **salt**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.

-  Rinse **shrimp\*** under cold water, then pat dry with paper towels. Season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Once pan is hot, add shrimp and cook, stirring occasionally, until opaque and cooked through, 4-6 minutes. Transfer to a plate.



## 2 COOK RICE

- Melt **1 TBSP butter** in a small pot over medium-high heat (**use 2 TBSP butter and a medium pot for 4 servings**). Add **minced onion, half the garlic, half the pistachios (save the rest for serving), half the Shawarma 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), 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 FLUFF & TOSS

- Fluff **rice** with a fork; stir in **half the cilantro**. 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 olive oil, remaining Shawarma Spice Blend, a few pinches of salt, and pepper**. (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.)



## 6 SERVE

- Divide **rice** between shallow bowls or plates. Top with **veggies** and **chickpeas**. Drizzle with **garlicky white sauce** and **hot sauce** to taste. Sprinkle with **remaining pistachios** and **cilantro**. Top with **lemon juice** to taste; serve with any **remaining lemon wedges** on the side.

-  Serve **shrimp** atop bowls.

 \*Shrimp are fully cooked when internal temperature reaches 145°.