



VEGAN SHAWARMA-SPICED CHICKPEAS

with Pistachio Rice, Cucumber Salad & Garlicky White Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



1 | 2
Shallot



2 Cloves | 4 Cloves
Garlic



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



2 | 4
Veggie Stock
Concentrates



1 TBSP | 2 TBSP
Shawarma Spice
Blend



½ Cup | 1 Cup
Basmati Rice



1 | 2
Mini Cucumber



4 oz | 8 oz
Grape Tomatoes



1 | 2
Lemon



6 TBSP | 12 TBSP
Vegan Mayonnaise



1 tsp | 2 tsp
Hot Sauce



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THERE TOO. SCAN HERE TO GET HELP!



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



10 oz | 20 oz
Chicken Cutlets

Calories: 1160



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1320



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 970



HELLO

HALL OF FAME

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

MAKING THE CUT

Always seem to squish tomatoes when you're slicing? Switch to a serrated or bread knife! The teeth on the blade will cut through the skin every time.

BUST OUT

- Strainer
- Paper towels
- Medium bowl
- Aluminum foil
- Baking sheet
- Small pot
- Zester
- Small bowl
- Whisk
- Large pan  
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 5 tsp) (1 tsp | 1 tsp)  
- Olive oil (1 tsp | 2 tsp)

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

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



1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; dry thoroughly with paper towels, removing as much moisture as possible. Halve, peel, and thinly slice **shallot**; mince a few slices until you have 2 TBSP (4 TBSP for 4 servings). Peel and mince or grate **garlic**. Roughly chop **pistachios**.



4 FINISH PREP & MAKE SALAD

- Quarter **cucumber** lengthwise; slice into ½-inch-thick pieces. Halve **tomatoes** lengthwise. Zest and quarter **lemon**.
- In bowl used for chickpeas, combine cucumber, tomatoes, and as much **sliced shallot** as you like. Toss with **half the lemon zest**, **juice from one lemon wedge**, and a **drizzle of olive oil**. (For 4 servings, use **juice from two wedges** and a **large drizzle of olive oil**.) Season with **salt** and **pepper** to taste.



2 ROAST CHICKPEAS

- In a medium bowl, toss **chickpeas** with **half the stock concentrates**, **half the Shawarma Spice Blend** (you'll use the rest in the next step), a **large drizzle of oil**, and a **pinch of salt and pepper**.
- Spread chickpeas out in a single layer on a **lightly oiled** foil-lined baking sheet. Roast on top rack, tossing halfway through, until chickpeas are slightly crispy, 18-20 minutes. (It's natural for chickpeas to pop a bit while roasting.)
- Wipe out bowl.



5 MAKE WHITE SAUCE

- In a small bowl, whisk together **mayonnaise**, **remaining garlic**, **remaining lemon zest**, and **juice from one lemon wedge** (two wedges for 4 servings).
- Whisk in **2 TBSP water** (4 TBSP for 4) until combined. (If needed, add **water 1 tsp at a time until sauce reaches a drizzling consistency**.) Season **white sauce** with **salt** and **pepper** to taste.



3 COOK RICE

- While chickpeas roast, heat a **large drizzle of oil** in a small pot (use a medium pot for 4 servings) over medium-high heat. Add **minced shallot**, **half the garlic**, **half the pistachios**, **remaining Shawarma Spice Blend**, and a **big pinch of salt**. Cook, stirring, until fragrant, 30-60 seconds.
- Stir in **rice**, **remaining stock concentrate**, and **¾ cup water** (1½ cups for 4). 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 serve.

-  While the rice cooks, pat **chicken*** or **salmon*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until browned and cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board to rest.



6 FINISH & SERVE

- Fluff **rice** with a fork. Season with **salt** and **pepper**.
- Divide rice between shallow bowls. Top with **cucumber salad** and **roasted chickpeas** in separate sections. Drizzle everything with **white sauce** and as much **hot sauce** as you like. Sprinkle with **remaining pistachios** and serve with **remaining lemon wedges** on the side.
-  Thinly slice **chicken** crosswise (**skip slicing salmon!**). Serve chicken or **salmon** atop **rice**.