



BUFFALO-SPICED CHICKPEA BOWLS

with Roasted Veggies, Pickled Shallot, Avocado & Buttermilk Ranch

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



13.4 oz | 26.8 oz
Chickpeas



9 oz | 18 oz
Carrots



1 | 1
Shallot



½ Cup | 1 Cup
Jasmine Rice



4 oz | 10 oz
Grape Tomatoes



7.2 g | 14.4 g
Frank's RedHot®
Original Seasoning
Blend



1 tsp | 2 tsp
Celery Salt



5 tsp | 5 tsp
White Wine
Vinegar



1 | 2
Avocado



3 oz | 6 oz
Buttermilk Ranch
Dressing
Contains: Eggs, Milk

HELLO

BUTTERMILK RANCH

This classic dipper for all things Buffalo makes the ultimate creamy dressing for crunchy chickpea bowls.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 1000



FRANK'S REDHOT® ORIGINAL SEASONING BLEND

Shake on the perfect blend of flavor and heat with Frank's RedHot® Original Seasoning Blend. Now you can sprinkle it on everything from burgers and veggies to pizza and fries.



ALL YOU AVO WANT

Give your avocado a gentle squeeze—it should feel firm (not hard) and yield slightly to pressure. Not quite there yet? Take the avo out of the fridge (the cold will slow ripening) and let it sit on your counter a day before you're ready to cook. Bonus: If you have a banana on hand, stick the two in a paper bag together to speed things along.

BUST OUT

- Strainer
- Paper towels
- Peeler
- Small pot
- 2 Baking sheets
- 2 Small bowls
- Plastic wrap
- Kosher salt
- Black pepper
- Vegetable oil (4 tsp | 4 tsp)
- Sugar (¼ tsp | ½ tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel and mince **garlic**. Drain and rinse **chickpeas**; pat very dry with paper towels. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and thinly slice **shallot**.



4 PREP SHALLOT & AVOCADO

- Meanwhile, in a small microwave-safe bowl, combine **shallot**, half the **vinegar**, ¼ tsp **sugar**, a splash of **water**, and a pinch of **salt**. (For 4 servings, use **all the vinegar and ½ tsp sugar**.) Cover with plastic wrap and microwave for 1 minute.
- Halve, pit, and peel **avocado**; thinly slice. Sprinkle with **salt**.



2 COOK RICE

- Heat a drizzle of **oil** in a small pot over medium-high heat. Add **garlic** and cook, stirring, for 30 seconds.
- Stir in **rice** and ¾ cup **water** (1½ cups for 4 servings). 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.



5 FINISH CHICKPEAS

- When chickpeas have a few minutes left, place 1 TBSP **butter** (2 TBSP for 4 servings) in a second small microwave-safe bowl; microwave until melted, 45 seconds. Stir in remaining **Frank's RedHot® Original Seasoning**.
- Once **chickpeas** are done, remove sheet from oven and pour **Buffalo mixture** on top; carefully toss on sheet until thoroughly coated.



3 ROAST CHICKPEAS & VEG

- While rice cooks, toss **chickpeas** on a baking sheet with a drizzle of **oil** and half the **Frank's RedHot® Original Seasoning** (you'll use the rest later).
- On a separate sheet, toss **carrots** and **tomatoes** with a large drizzle of **oil** and **celery salt**.
- Roast chickpeas on top rack and veggies on middle rack until chickpeas are crispy and veggies are tender and browned, 20-25 minutes. **TIP: It's natural for the chickpeas to pop a bit when they roast.**



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in 1 TBSP **butter** (2 TBSP for 4 servings). Season with **salt** and **pepper**.
- Divide rice between shallow bowls; top with **chickpeas**, **veggies**, **avocado**, and **pickled shallot** (draining first). Drizzle with **buttermilk ranch dressing** and serve.