



**HELLO  
FRESH**

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



1 | 2  
Mini Cucumber



¼ oz | ½ oz  
Dill



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



3 oz | 6 oz  
Greek  
Vinaigrette  
Contains: Eggs, Milk



1 | 2  
Lemon



1 | 2  
Microwaveable  
Grain Blend  
Contains: Wheat



½ Cup | 1 Cup  
Feta Cheese  
Contains: Milk



4 TBSP | 8 TBSP  
Red Pepper  
Hummus  
Contains: Sesame

# DILLY CHICKPEA & CUCUMBER GRAIN BOWLS

with Feta, Creamy Red Pepper Hummus & Almonds



✓ **READY, SET,  
LUNCH!**



ANY ISSUES WITH  
YOUR ORDER?  
SCAN HERE TO  
GET HELP!

**TOTAL TIME: 10 MIN | CALORIES: 1010**



### BUST OUT

- Strainer
- Paper towels
- Large bowl
- Zester
- Olive oil (1 tsp | 1 tsp)
- Small bowl
- Kosher salt
- Black pepper

### GRAIN EVENT

Our grain blend is a combination of rice and other grains like bulgur and barley. Massaging the bag a bit before microwaving helps separate the grains for more even heating.

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## DILLY CHICKPEA & CUCUMBER GRAIN BOWLS

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### INSTRUCTIONS

- **Wash and dry produce.**
- Drain **chickpeas**; pat dry with paper towels. In a large bowl, toss chickpeas with **vinaigrette**, a **drizzle of olive oil**, and a **pinch of salt and pepper**; set aside to marinate.
- Zest and quarter **lemon**. Roughly chop **dill**. Halve **cucumber** lengthwise and slice into ½-inch-thick half-moons; season with **salt and pepper**.
- Microwave **grain blend** according to package instructions; transfer to bowl with **chickpea mixture**. Add **lemon zest, dill, almonds, half the cucumber, and half the feta**; stir to combine. Season with **salt and pepper** to taste.
- In a small bowl, combine **sour cream, red pepper hummus, and juice from one lemon wedge (juice from two wedges for 4 servings)**.
- Divide **chickpea-grain mixture** between bowls. Dollop with **creamy red pepper hummus** and sprinkle with **remaining cucumber and remaining feta**. Serve with **remaining lemon wedges**.