

INGREDIENTS

2 PERSON | 4 PERSON



Chickpeas



1/2 Cup | 1 Cup Basmati Rice



1tsp | 1tsp





Red Onion

Chicken Stock Concentrate



¼ oz | ½ oz Parsley



1 2 Lemon

1 tsp | 2 tsp

Garlic Powder

10 oz | 20 oz

Chicken Breast

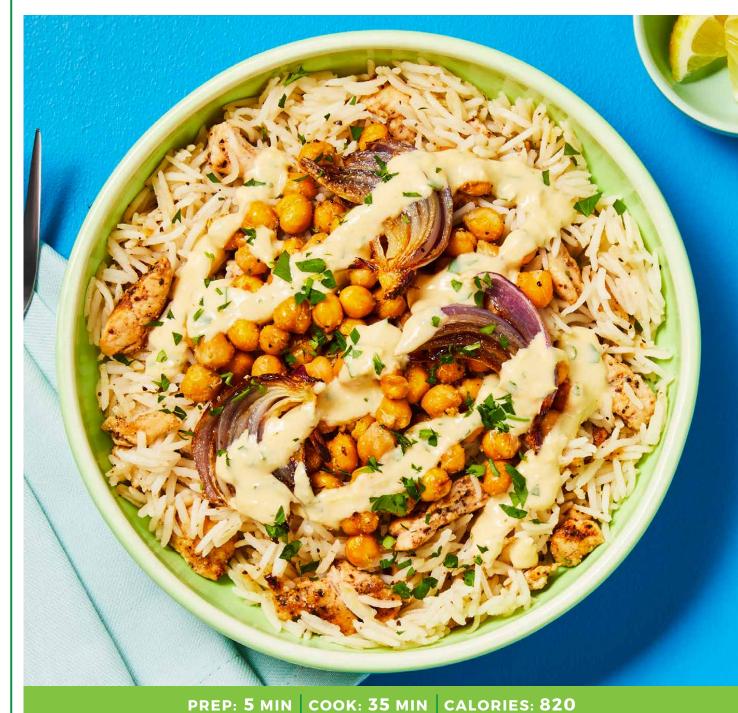
Strips



4 TBSP | 8 TBSP Hummus Contains: Sesame

GARLICKY SUMAC CHICKEN & CHICKPEA BOWLS

with Basmati Rice, Lemony Hummus Sauce & Parsley





ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

HELLO

SUMAC

Bright, tart Middle Eastern spice adds lemony tang to chicken.



FLUFFED UP

Fluffing rice right before serving is an essential step! Using a fork helps each grain keep its texture, yielding lighter results.

BUST OUT

- Strainer
- · Large pan
- Paper towels
- Zester
- · Baking sheet
- Small bowl
- Small pot
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 3 tsp)
- Cooking oil (2 tsp | 2 tsp)

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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. (TIP: Be sure to remove as much moisture as possible—this will help reduce the popping that can happen as chickpeas roast!) Halve, peel, and cut onion into 1/2-inch-thick wedges.



2 ROAST CHICKPEAS & ONION

- Toss chickpeas and onion on a baking sheet with a drizzle of olive oil, half the garlic powder (you'll use the rest later), salt, and pepper.
- Roast on top rack, tossing halfway through, until chickpeas are crispy and onion is tender and lightly charred, 18-20 minutes.



• Heat a **drizzle of oil** in a small pot over medium-high heat. Add rice, stock concentrate, and 34 cup water (11/2 cups for 4 servings); season with salt and pepper. 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 serve.



4 COOK CHICKEN

- While rice cooks, pat **chicken*** dry with paper towels and cut into bitesize pieces if needed. Season all over with half the sumac (all for 4 servings), remaining garlic powder, salt, and pepper.
- Heat a drizzle of oil in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes. Transfer to a plate.



5 FINISH PREP & MAKE SAUCE

- Strip parsley leaves from stems; mince leaves. Zest and quarter lemon.
- In a small bowl, combine hummus, 2 tsp water (4 tsp for 4 servings), a pinch of parsley, a pinch of lemon zest, a squeeze of lemon juice (big squeeze for 4), and a drizzle of olive oil (large drizzle for 4).



- Fluff rice with a fork: taste and season with salt and pepper. Stir in chicken.
- Divide chicken-rice mixture between bowls and top with roasted chickpeas and onion. Drizzle with hummus sauce and garnish with remaining parsley. Serve with remaining lemon wedges on the side.