

# MIDDLE EASTERN CHICKPEA BOWLS

with Pistachio Rice & Garlicky White Sauce

### **INGREDIENTS**

2 PERSON | 4 PERSON



1 | 2 Red Onion



1 Clove | 2 Cloves Garlic



**¼ oz | ½ oz**Cilantro



1 | 2 Lemon



½ oz | 1 oz Pistachios



4 oz | 8 oz Grape Tomatoes



**½ Cup | 1 Cup**Basmati Rice



1 | 2 Veggie Stock Concentrate



**13.4 oz | 26.8 oz** Chickpeas



1 TBSP | 2 TBSP Shawarma Spice



4 TBSP | 8 TBSP Sour Cream Contains: Milk

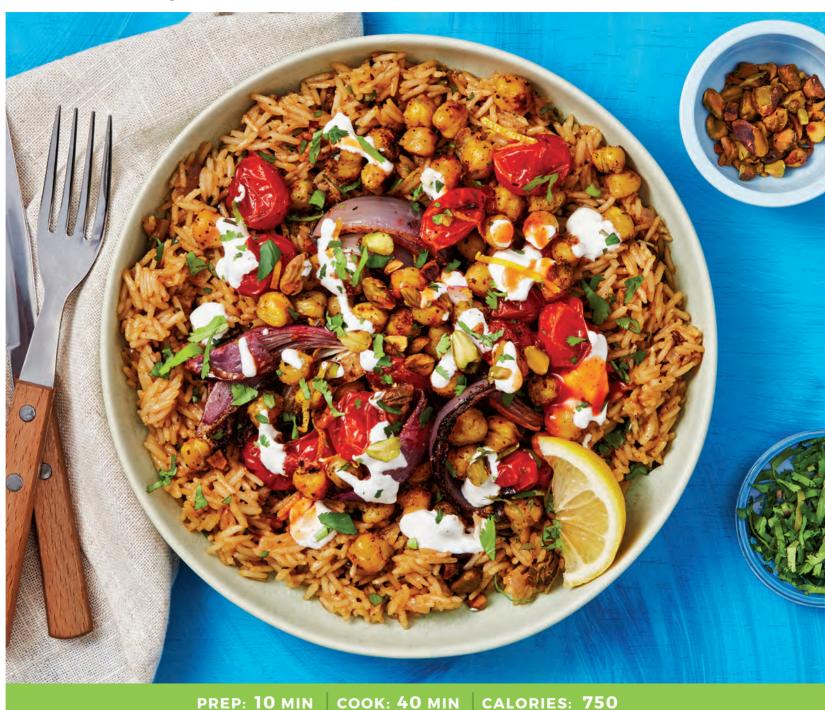


1 tsp | 2 tsp Hot Sauce

## HELLO

#### **CRISPY CHICKPEAS**

Roasting turns these protein-packed legumes deliciously crunchy.



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#### **HOT TIP**

The key to the perfect pot of rice?
Let it do its thing! Once your water boils in step 2, immediately cover the pot with a tight-fitting lid and reduce the heat to its lowest setting. Let the rice simmer until no water remains (and resist the urge to peek in the middle of cooking!). Finally, let the pot sit covered off heat while you cook the rest of the meal. This crucial step allows the moisture to redistribute, giving you tender, fluffy grains every time.

#### **BUST OUT**

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

  Contains: Milk

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#### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry all produce.
- Halve, peel, and cut onion into ½-inchthick wedges; mince a few wedges until you have 2 TBSP. 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 SERVINGS: Adjust racks to top and middle positions. Mince a few onion wedges until you have 4 TBSP.



#### **2 COOK RICE**

- Melt 1 TBSP butter in a small pot over medium-high heat. Add minced onion, half the garlic, half the pistachios (save the rest for serving), half the Shawarma Spice (you'll use the rest in the next step), and a pinch of salt. Cook, stirring, 1 minute.
- Stir in rice, ¾ cup water, stock concentrate, and a big pinch of salt.
   Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat.
- 4 SERVINGS: Use 2 TBSP butter, a medium pot, and 1½ cups water.



#### **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, pepper, and a few pinches of salt.
- Roast on top rack, tossing halfway through, until veggies are tender and lightly charred and chickpeas are crispy, 18-20 minutes.
- 4 SERVINGS: Divide everything between 2 baking sheets; roast on top and middle racks, tossing veggies and swapping rack positions halfway through roasting.
- TIP: It's natural for chickpeas to pop a bit.



#### **4 MAKE SAUCE**

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



#### **5 MIX & TOSS**

- Fluff rice with a fork; stir in 1 TBSP butter and half the cilantro. Season with salt and pepper.
- Once veggies and chickpeas are done, remove from oven and toss with lemon zest



#### 6 SERVE

Divide rice between shallow bowls. 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 remaining lemon wedges on the side.

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