

MIDDLE EASTERN CHICKPEA BOWLS

with Pistachio Rice & Garlicky White Sauce

HALL OF FAME

INGREDIENTS

2 PERSON | 4 PERSON



Red Onion



1 Clove | 2 Cloves Garlic



1/4 oz | 1/4 oz Cilantro



Lemon



½ oz | 1 oz Pistachios **Contains: Tree Nuts**



1/2 Cup | 1 Cup Basmati Rice



13.4 oz | 26.8 oz Chickpeas



4 TBSP | 8 TBSP Sour Cream Contains: Milk



Roma Tomato



Veggie Stock Concentrate



1 TBSP | 2 TBSP Shawarma Spice

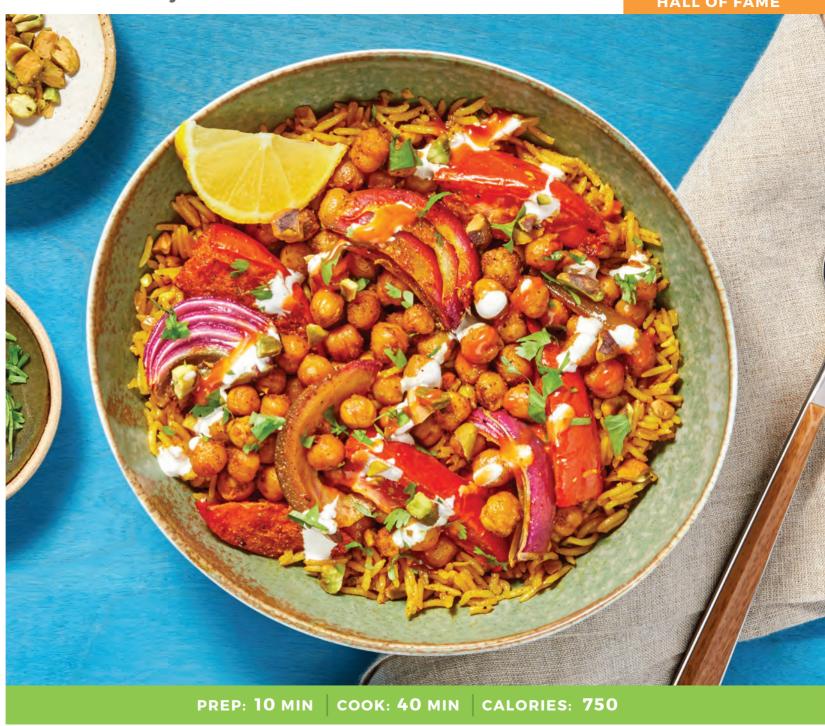


1 tsp | 1 tsp Hot Sauce

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



HelloFRESH

THE RICE IS RIGHT

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 (top and middle positions for 4 servings) and preheat oven to 400 degrees. Wash and dry all produce.
- Halve, peel, and cut onion into ½-inchthick wedges; mince a few wedges until you have 2 TBSP (4 TBSP for 4). Peel and mince or grate garlic. Roughly chop pistachios. Cut tomato into ½-inch-thick wedges. Drain and rinse chickpeas; pat very dry with paper towels. Roughly chop cilantro. Zest and quarter lemon.



2 COOK RICE

- Melt 1 TBSP butter in a small pot over medium-high heat (use 2 TBSP butter and a medium pot for 4 servings). 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 (1½ cups for 4), 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.



3 ROAST VEGGIES & CHICKPEAS

- Meanwhile, toss onion wedges, tomato, and chickpeas on a baking sheet with a large drizzle of olive oil, remaining Shawarma Spice, pepper, and a few pinches of salt. (For 4 servings, divide everything between 2 baking sheets; roast on top and middle racks, tossing veggies and swapping rack positions halfway through roasting.)
- Roast on top rack, tossing halfway through, until veggies are tender and lightly charred and chickpeas are crispy, 18-20 minutes. 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 with 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, 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 any remaining lemon wedges on the side.

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