



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 | ¼ oz
Cilantro



1 | 1
Lemon



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



1 | 2
Roma Tomato



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 | 1 tsp
Hot Sauce

HELLO

CRISPY CHICKPEAS

Roasting turns these protein-packed legumes deliciously crunchy.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 750



UNDER COVER

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 liquid 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-inch-thick 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**.



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.



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.



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**.



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 while roasting.**



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 **remaining cilantro**. Top with **lemon juice** to taste; serve with any **remaining lemon wedges** on the side.