



# VEGAN TURKISH-SPICED CHICKPEA BOWLS

with Pistachio Basmati Rice & Lemon-Herb Hummus Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup  
Basmati Rice



1 | 2  
Chickpeas



4 oz | 8 oz  
Grape Tomatoes



1 | 2  
Red Onion



1 | 2  
Lemon



1 | 2  
Veggie Stock  
Concentrate



1 TBSP | 2 TBSP  
Turkish Spice  
Blend



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



4 TBSP | 8 TBSP  
Hummus  
Contains: Sesame



1 Clove | 2 Cloves  
Garlic



¼ oz | ¼ oz  
Parsley



¼ oz | ¼ oz  
Chives



1 oz | 2 oz  
Golden Raisins



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## HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 1030



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 850





HELLO

### TURKISH SPICE BLEND

A warm and savory blend of cumin, garlic, coriander, and chili

### PEAS OF YOUR HEART

After draining and rinsing your chickpeas, pat them super-dry with paper towels so they get nice and crispy in the oven.

### BUST OUT

- Zester
- Strainer
- Paper towels
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp)
- Olive oil (2 TBSP | 4 TBSP)
- Small pot
- Baking sheet
- Large pan

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### 1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Zest and quarter lemon. Halve, peel, and cut onion into 1/2-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. Halve tomatoes lengthwise. Drain and rinse chickpeas; pat very dry with paper towels. Roughly chop parsley and chives.
- In a small bowl, combine raisins with juice from one lemon wedge (two wedges for 4).



### 4 MAKE SAUCE

- While everything roasts, in a second small bowl, combine hummus, half the parsley and chives, 2 TBSP olive oil (4 TBSP for 4 servings), and juice from one lemon wedge (two wedges for 4). Season with salt. Stir in water 1 tsp at a time until mixture reaches a drizzling consistency.

- Pat chicken\* dry with paper towels; season with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken to pan; cook until cooked through, 3-5 minutes per side. Transfer to a cutting board to rest.



### 2 COOK RICE

- Heat a drizzle of oil in a small pot over medium-high heat. Add minced onion, garlic, half the pistachios (save the rest for serving), half the Turkish Spice Blend (you'll use the rest in the next step), and a pinch of salt. Cook, stirring, 1 minute.
- Stir in rice, 3/4 cup water (1 1/2 cups for 4 servings), stock concentrate, and a big pinch of salt. 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 use in Step 5.



### 5 FINISH RICE & TOSS VEGGIES

- Fluff rice with a fork; stir in raisins and their pickling liquid and remaining parsley and chives. Season with salt and pepper.
- Toss veggies and chickpeas with lemon zest.



### 3 ROAST VEGGIES & CHICKPEAS

- Meanwhile, toss onion wedges, tomatoes, and chickpeas on a baking sheet with a large drizzle of oil, remaining Turkish Spice Blend, a few pinches of salt, and pepper. (For 4 servings, use 2 baking sheets; roast on top and middle racks, swapping rack positions halfway through.)
- Roast on top rack, tossing halfway through, until veggies are lightly charred and chickpeas are crispy, 18-20 minutes. (It's natural for chickpeas to pop a bit while roasting.)



### 6 SERVE

- Divide rice between shallow bowls or plates. Top with veggies and chickpeas. Drizzle with hummus sauce to taste. Garnish with remaining pistachios and a squeeze of lemon juice to taste. Serve with any remaining lemon wedges on the side.
- Thinly slice chicken crosswise; serve atop bowls.

\*Chicken is fully cooked when internal temperature reaches 165°.