

SPICED LEMON-FETA CHICKPEA RICE BOWLS

with Roasted Broccoli, Red Onion & Creamy Shawarma Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



8 oz | 16 oz
Broccoli Florets



1 | 2
Red Onion



2 Cloves | 4 Cloves
Garlic



1 | 2
Lemon



1 | 2
Veggie Stock Concentrate



1 TBSP | 2 TBSP
Shawarma Spice Blend



¾ Cup | 1½ Cups
White Rice



2 oz | 4 oz
Creamy Shawarma Sauce
Contains: Milk, Soy



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



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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
Chopped Chicken Breast Calories: 1040



DATE NIGHT DELIGHTS





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PREP: 10 MIN | COOK: 35 MIN | CALORIES: 850

CRISPY BUSINESS

After draining and rinsing your chickpeas, pat them very dry with paper towels to help them get super crispy in the oven.

BUST OUT

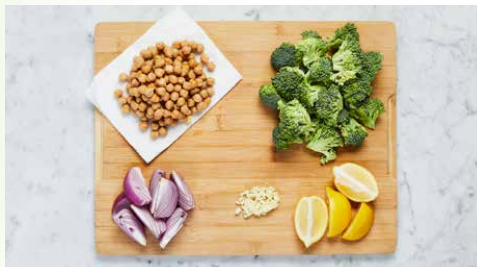
- Strainer
- Paper towels
- Baking sheet
- Small pot
- Small bowl
- Large pan 
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 

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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.**
- Drain and rinse **chickpeas**; pat very dry with paper towels. Cut **broccoli** into bite-size pieces if necessary. Halve, peel, and cut **onion** into ½-inch-thick wedges. Peel and mince or grate **garlic**. Quarter **lemon**.



4 MAKE SAUCE

- In a small bowl, combine **shawarma sauce** and ½ **tsp water** (1 **tsp for 4 servings**) until smooth.
-  Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer and season with **salt** and **pepper**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



2 ROAST

- Toss **chickpeas** with **stock concentrate** on one side of a baking sheet.
- Toss **broccoli** and **onion** on empty side of sheet with a **large drizzle of oil**, **Shawarma Spice Blend**, **salt**, and **pepper**. Roast on top rack until veggies are browned and tender and chickpeas are crispy, 15-20 minutes. (**For 4 servings, spread chickpeas out across entire sheet and roast on top rack; add broccoli and onion to a second baking sheet and roast on middle rack.**)



5 TOSS

- Remove **chickpeas and veggies** from oven; carefully toss on sheet with **feta** and **juice from one lemon wedge** (**two wedges for 4 servings**). Taste and season with **salt** and **pepper** if desired.



3 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic**; cook, stirring occasionally, until fragrant, 1-2 minutes. Add **rice**, **1¼ cups water** (**2¼ cups for 4 servings**), and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-20 minutes. Keep covered off heat until ready to serve.



6 FINISH & SERVE

- Fluff **rice** with a fork; taste and season with **salt** and **pepper** if desired. Divide rice between shallow bowls and top with **lemon-feta chickpeas and veggies**. Drizzle with **sauce** and top with a **squeeze of lemon juice**. Serve with any **remaining lemon wedges** on the side.

-  Top **rice** with **chicken** along with **lemon-feta chickpeas and veggies**.