



# GARLICKY SUMAC CHICKEN & CHICKPEA BOWLS

with Basmati Rice, Lemony Hummus Sauce & Parsley

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



1 | 2  
Red Onion



1 tsp | 2 tsp  
Garlic Powder



½ Cup | 1 Cup  
Basmati Rice



1 | 2  
Chicken Stock Concentrate



10 oz | 20 oz  
Chicken Breast Strips



1 tsp | 1 tsp  
Sumac



¼ oz | ½ oz  
Parsley



1 | 2  
Lemon



4 TBSP | 8 TBSP  
Hummus  
Contains: Sesame



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### HELLO

### SUMAC

Bright, tart Middle Eastern spice adds lemony tang to chicken.

PREP: 5 MIN | COOK: 35 MIN | CALORIES: 820





## FLUFFED UP

Fluffing rice right before serving is an essential step! Using a fork helps each grain keep its texture, yielding lighter results.

## BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small pot
- Small pan
- Large pan
- Zester
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 3 tsp)
- Cooking oil (2 tsp | 2 tsp)

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### 1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; dry thoroughly with paper towels. **(TIP: Be sure to remove as much moisture as possible—this will help reduce the popping that can happen as chickpeas roast!) Halve, peel, and cut onion into ½-inch-thick wedges.**



### 2 ROAST CHICKPEAS & ONION

- Toss **chickpeas** and **onion** on a baking sheet with a **drizzle of olive oil**, **half the garlic powder (you'll use the rest later)**, **salt**, and **pepper**.
- Roast on top rack, tossing halfway through, until chickpeas are crispy and onion is tender and lightly charred, 18-20 minutes.



### 3 MAKE RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **rice**, **stock concentrate**, and **¾ cup water (1½ cups for 4 servings)**; season with **salt** and **pepper**. 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 serve.



### 4 COOK CHICKEN

- While rice cooks, pat **chicken\*** dry with paper towels and cut into bite-size pieces if needed. Season all over with **half the sumac (all for 4 servings)**, **remaining garlic powder**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes. Transfer to a plate.



### 5 FINISH PREP & MAKE SAUCE

- Strip **parsley leaves** from stems; mince leaves. Zest and quarter **lemon**.
- In a small bowl, combine **hummus**, **2 tsp water (4 tsp for 4 servings)**, a **pinch of parsley**, a **pinch of lemon zest**, a **squeeze of lemon juice (big squeeze for 4)**, and a **drizzle of olive oil (large drizzle for 4)**.



### 6 FINISH & SERVE

- Fluff **rice** with a fork; taste and season with **salt** and **pepper**. Stir in **chicken**.
- Divide **chicken-rice mixture** between bowls and top with **roasted chickpeas and onion**. Drizzle with **hummus sauce** and garnish with **remaining parsley**. Serve with **remaining lemon wedges** on the side.

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