



# 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 | ½ oz  
Cilantro



1 | 2  
Lemon



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



4 oz | 8 oz  
Grape Tomatoes



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 | 2 tsp  
Hot Sauce

## HELLO

### CRISPY CHICKPEAS

Roasting turns these protein-packed legumes deliciously crunchy.



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

### HOT TIP

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

### GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**

(646) 846-3663  
[HelloFresh.com](https://www.hellofresh.com)



### 1 PREP

- Adjust rack to top position and preheat oven to 425 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. Peel and mince or grate **garlic**. Roughly chop **pistachios**. Drain and rinse **chickpeas**; pat very dry with paper towels. Roughly chop **cilantro**. Zest and quarter **lemon**.
- **4 SERVINGS:** Adjust racks to top and middle positions. Mince a few onion wedges until you have 4 TBSP.



### 4 MAKE SAUCE

- While veggies and chickpeas roast, in a small bowl, combine **sour cream** and 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. 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**, **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.
- **4 SERVINGS:** Use 2 TBSP butter, a medium pot, and 1½ cups water.



### 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, remove from oven and toss with **lemon zest**.



### 3 ROAST VEGGIES & CHICKPEAS

- Meanwhile, toss **onion wedges**, **tomatoes**, and **chickpeas** on a baking sheet with a large drizzle of **olive oil**, remaining **Shawarma Spice**, **pepper**, and a few pinches of **salt**.
- Roast on top rack, tossing halfway through, until veggies are tender and lightly charred and chickpeas are crispy, 18-20 minutes.
- **4 SERVINGS:** Divide everything between 2 baking sheets; roast on top and middle racks, tossing veggies and swapping rack positions halfway through roasting.
- **TIP:** It's natural for chickpeas to pop a bit.



### 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 remaining **lemon wedges** on the side.