



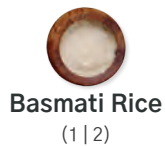
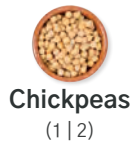
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SPICED CHICKPEA BASMATI BOWLS

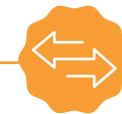
with Tomato Cucumber Feta Salad & Creamy Lemon Sauce

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



PREP IN **10 MIN** READY IN **35 MIN**



If you chose to add a protein when placing your order, follow the **CustomPlate** instructions on the flip side of this card to learn how to modify your meal.



Chicken Breasts 🍗
(1 | 2)

Cooking Oil 🛢️

WHAT YOU'LL NEED

Kosher Salt
Black Pepper
Cooking Oil
(1 tsp | 2 tsp)

Butter
(1 TBSP | 2 TBSP)
Contains: Milk

Olive Oil
(4 tsp | 8 tsp)
Sugar
(½ tsp | 1 tsp)

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Hey! Just wanted to let you know that it's possible—and totally natural—for chickpeas to pop a bit while they roast. What can you do to help? Pat the chickpeas extra-dry with paper towels after rinsing. You'll be glad you gave them some TLC. The crispy little treasures are worth the effort.

1.



Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.** Peel and finely chop **garlic**. Drain and rinse **chickpeas**; pat dry with paper towels. Halve, peel, and cut **onion** into 1/2-inch-thick wedges; finely chop a wedge or two until you have 2 TBSP (4 TBSP for 4 servings). Zest and quarter **lemon** (for 4, zest one lemon and quarter both). Trim and halve **cucumber** lengthwise; cut crosswise into 1/4-inch-thick half-moons. Dice **tomato**.

2.



Heat a **drizzle of oil** in a small pot over medium heat. Add **garlic**; cook until fragrant, 1 minute. Stir in **rice**, **stock concentrate**, 1/2 tsp **Tunisian Spice** (1 tsp for 4 servings; you'll use more in the next step), 3/4 cup **water** (1 1/2 cups for 4), and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15–20 minutes. Keep covered off heat until ready to serve.

3.



While rice cooks, toss **chickpeas** and **onion wedges** on a baking sheet with a **large drizzle of olive oil**, 2 tsp **Tunisian Spice** (4 tsp for 4 servings; be sure to measure—we sent more), **salt**, and **pepper**. Roast on top rack, stirring halfway through, until chickpeas are crispy and onion wedges are tender, 18–20 minutes.

4.



Meanwhile, in a small bowl, combine **sour cream** with **juice from two lemon wedges** (juice from four wedges for 4 servings). Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** to taste.

5.



In a medium bowl, whisk together 2 tsp **olive oil**, 1/2 tsp **sugar**, and **juice from remaining lemon**. (For 4 servings, use 4 tsp **olive oil** and 1 tsp **sugar**.) Stir in **chopped onion**, **cucumber**, **tomato**, and **half the cheese** (save the rest for serving). Season with **salt** and **pepper** to taste.



Pat **chicken** dry with paper towels and season all over with **remaining Tunisian Spice**, **salt**, and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 5–6 minutes per side. Transfer to a cutting board to rest.

6.



Fluff **rice** with a fork; stir in **lemon zest** and 1 TBSP **butter** (2 TBSP for 4 servings). Divide rice between bowls and top with **roasted chickpeas and onion**. Drizzle with as much **creamy lemon sauce** as you'd like. Add **tomato cucumber salad** to one side of each bowl and garnish with **remaining cheese**.



Thinly slice **chicken** crosswise and serve atop bowls.

Chicken is fully cooked when internal temperature reaches 165 degrees.

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