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## GREEK CHICKPEA & FETA BOWLS

with Garlic Rice, Cucumber Tomato Salad & Creamy Lemon Sauce

### WHAT WE SEND (2 servings | 4 servings)

\* Keep refrigerated



**Chickpeas**  
(1 | 2)



**White Rice**  
(1 | 2)



**Feta Cheese\***  
(1 | 2)  
*Contains: Milk*



**Persian Cucumber\***  
(1 | 2)



**Roma Tomato\***  
(1 | 2)



**Lemon\***  
(1 | 1)



**Red Onion**  
(1 | 1)



**Sour Cream\***  
(2 | 4)  
*Contains: Milk*



**Turkish Spice Blend**  
(1 | 2)



**Greek Vinaigrette**  
(1 | 1)  
*Contains: Eggs, Milk*



**Garlic**  
(2 Cloves | 4 Cloves)

### WHAT YOU'LL NEED

**Kosher Salt**  
**Black Pepper**

**Olive Oil**  
(2 tsp | 4 tsp)

**Butter**  
(1 TBSP | 2 TBSP)  
*Contains: Milk*

### CUSTOMPLATE

This dish is eligible for CustomPlate!  
Add, swap, upgrade, or double protein  
to your heart's content.  
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## CHEF'S TIP

Look—we know that you, like so many of us, have limited kitchen space. That's why we'll never tell you that you *must* purchase something like a mini non-contact infrared thermometer in order to be successful with our recipes. We do recommend a microplane for zesting your lemon in step 3, though. It's the best tool for the job!

## HAVE A CUSTOMPLATE?

Hey, EP friend! Did you add **diced steak** to this meal? At the end of step 4, pat steak dry with paper towels and season with **remaining Turkish Spice, salt, and pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add steak and cook, stirring, until browned and cooked to desired doneness, 3–4 minutes. Add to bowls in step 5.

1.



Preheat oven to 425 degrees. **Wash and dry all produce.** Peel and finely chop **garlic**. Place **rice** in a fine-mesh sieve and rinse until water runs clear. Melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot over medium-high heat. Add **garlic** and cook until fragrant, 30 seconds. Add **rice, 1 cup water (2 cups for 4),** and a big pinch of **salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15 minutes. Keep covered off heat for at least 10 minutes or until ready to serve.

3.



Meanwhile, zest and quarter **lemon**. Trim and quarter **cucumber** lengthwise; slice crosswise into ½-inch-thick pieces. Dice **tomato**. In a medium bowl, stir together a squeeze of **lemon juice**, a pinch of **salt**, and as much **sliced onion** as you'd like. (You'll build your salad in this same bowl later, so feel free to use as much onion in said salad as you'd like depending on your taste. After all, you're the chef!)

5.



Fluff **rice** with a fork and season with **salt** and **pepper**. Divide **rice, roasted chickpeas and onion wedges,** and **cucumber salad** between bowls in separate sections. Sprinkle with **feta** and drizzle with **creamy lemon sauce**. Serve with **remaining lemon wedges** on the side.

*Steak is fully cooked when internal temperature reaches 145 degrees.*

2.



While rice cooks, drain and rinse **chickpeas**; pat dry with paper towels. Halve, peel, and thinly slice ¼ of the **onion**; cut remaining onion into ½-inch-thick wedges. Toss chickpeas and onion wedges on a baking sheet with a **large drizzle of olive oil, 2 tsp Turkish Spice (4 tsp for 4 servings), salt, and pepper.** (For 4, you may need to divide chickpeas and onion wedges between two sheets.) Roast until chickpeas are lightly crispy and onion is tender, 18–20 minutes (it's natural for chickpeas to pop a bit as they roast!).

4.



In a small bowl, combine **sour cream** with **lemon zest**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**. To bowl with **marinated onion**, add **cucumber, tomato,** and as much **Greek vinaigrette** as you'd like. Taste and season with **salt** and **pepper**; toss to combine.

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