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## SPICED CHICKPEA BASMATI BOWLS

with Tomato Cucumber Feta Salad

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

\* Keep refrigerated



**Chickpeas**  
(1 | 2)



**Red Onion**  
(1 | 2)



**Tunisian  
Spice**  
(1 | 2)



**Basmati Rice**  
(1 | 2)



**Veggie Stock  
Concentrate**  
(1 | 2)



**Persian  
Cucumber** \*



**Roma  
Tomato** \*



**Lemon** \*



**Feta  
Cheese** \*

Contains: Milk



**Sour Cream** \*

(2 | 4)  
Contains: Milk



**Garlic**  
(1 Clove | 2 Cloves)

#### WHAT YOU'LL NEED

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

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

**Cooking Oil**

(1 tsp | 2 tsp)  
**Olive Oil**  
(4 tsp | 8 tsp)

**Sugar**  
(½ tsp | 1 tsp)

#### CUSTOMPLATE

This dish is eligible for CustomPlate!  
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## CHEF'S TIP

Hey, friend! 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 minimize popping? Pat the chickpeas extra-dry with paper towels after rinsing, and then just keep an eye out while they're in the oven. You'll be glad you gave them a little extra TLC. The crispy result is worth the effort.

## HAVE A CUSTOMPLATE?

Did you add **ranch steak** to this recipe? After step 5, pat steak dry with paper towels; season with remaining **Tunisian Spice**, salt, and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add steak and cook to desired doneness, 3–5 minutes per side. Transfer to a cutting board to rest. In step 6, thinly slice steak against the grain and add atop bowls.

1.



Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Peel and finely chop **garlic**. Drain and rinse **chickpeas**; pat dry with paper towels. Halve, peel, and cut **onion** into ½-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 1 lemon and quarter both**). Trim and halve **cucumber** lengthwise; cut crosswise into ¼-inch-thick half-moons. Cut **tomato** into a small dice.

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**, ½ tsp **Tunisian Spice** (**1 tsp for 4 servings; you'll use more later**), ¾ cup **water** (**1½ 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**), 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 2 lemon wedges** (**juice from whole lemon 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**, ½ tsp **sugar**, and **juice from remaining lemon**. (**For 4 servings, use 4 tsp olive oil and 1 tsp sugar.**) Stir in **cucumber**, **chopped onion**, **tomato**, and **half the feta** (**save the rest for serving**). Season with **salt** and **pepper** to taste.

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 **lemon crema** as you'd like. Add **tomato cucumber salad** to one side of each bowl and garnish with **remaining feta**.

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

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