



**GREEN
CHEF**

DUKKAH-SPICED CHICKPEA BOWLS

turmeric-spiced rice, zucchini, tomato relish, tahini sauce

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

940

MENU

VEGAN // GLUTEN-FREE

For a touch of earthy warmth and crunch, we've coated the chickpeas in tonight's veggie bowls in an Egyptian-style dukkah spice blend (think sesame seeds, cumin, and coriander). Paired with tender sautéed zucchini, they're mounded over golden, turmeric-spiced basmati rice with sweet currants and buttery pistachios. A fresh tomato relish adds a juicy, bright accent to the 25-minute meal.

INGREDIENTS (10 ITEMS)

½ cup	Basmati rice
¼ tsp	Turmeric
1 oz	Currants
4 oz	Grape tomatoes
¼ oz	Parsley
1 whole	Zucchini
13¼ oz	Garbanzo beans (chickpeas)
½ oz	Pistachios <small>T</small>
2 tsp	Dukkah spice blend
3½ oz	Harissa-spiced tahini sauce

WHAT YOU'LL NEED

small pot with lid
medium nonstick pan
large sauté pan
small bowl
measuring cup & spoons
strainer
cooking & olive oils
salt & pepper

ALLERGENS

T TREE NUTS (pistachios)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Bring **basmati rice**, **turmeric**, 1¼ cups water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer about 16 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Add **currants**. Stir to combine. Let rest, covered, 3 minutes. (You'll finish the rice in Step 6.)

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Halve **grape tomatoes**.
- De-stem **parsley**; roughly chop leaves.
- Trim ends from **zucchini***. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Roughly chop **pistachios**.

**The ingredient you received may be a different color.*

3 MAKE RELISH

- Place **tomatoes** and **parsley** in a small bowl. Drizzle with about 2 tablespoons olive oil. Stir to combine. Season with salt and pepper to taste.

4 SAUTÉ ZUCCHINI

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **zucchini** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-7 minutes, or until tender, stirring occasionally.

5 COOK CHICKPEAS

- Heat about 1 tablespoon cooking oil in a medium nonstick pan over medium heat. Add **chickpeas** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Remove from heat. Add **dukkah spice blend**. Stir to coat.

6 FINISH RICE

- Fluff **rice** with a fork. Add **pistachios**. Stir to combine. Season with salt to taste.*

**Taste the rice after seasoning and adjust as needed. Adding salt throughout the cooking process is key to a delicious dish.*

7 PLATE YOUR DISH

- Divide **turmeric-spiced rice** between bowls. Top with **zucchini** and **dukkah-spiced chickpeas**. Drizzle with **harissa-spiced tahini sauce** to taste. Garnish with **tomato relish**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (533g)

Amount per serving

Calories 940

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1560mg	68%
Total Carbohydrate 100g	36%
Dietary Fiber 15g	54%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 7mg	40%
Potassium 1324mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Garbanzo Beans (Chickpeas) [chickpeas, water, salt, ascorbic acid], **Dukkah Spice Blend** (White Sesame Seeds [hulled sesame seeds], Ground Coriander, Ground Cumin, Ground Fennel, Black Pepper, Dried Oregano, Crushed Red Pepper Flakes), **Zucchini**, **Pistachios** [pistachio], **Harissa-Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Olive Oil [olive oil], Granulated Garlic, Sea Salt, Water, Ascorbic Acid [ascorbic acid], Harissa Seasoning [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel]), **Grape Tomatoes**, **Parsley**, **Basmati Rice** [basmati rice], **Turmeric**, **Dried Currants** [raisins]

Allergen information:

Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.