



MIDDLE EASTERN-STYLE CHICKPEA BOWLS

pistachio turmeric rice, carrots, cardamom-spiced yogurt

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
870

MENU
VEGETARIAN // GLUTEN-FREE // MEDITERRANEAN

In these vibrant Middle Eastern bowls, chickpeas are seasoned with our spicy cumin-allspice blend, then cooked with roasted red peppers until lightly browned for layers of toasty flavor. They're piled over buttery pistachio turmeric rice along with tender roasted rainbow carrots. Each bowl gets a drizzle of cooling cardamom-spiced Greek yogurt and a shower of feta and sliced scallion. If you've got some herbs on hand, sprinkle a bit of chopped fresh parsley or cilantro on top for a colorful and flavorful garnish.

INGREDIENTS (11 ITEMS)

- ½ cup **Basmati rice**
- 1 whole **Vegetable stock concentrate**
- 3 whole **Rainbow carrots**
- 1¾ oz **Garbanzo beans (chickpeas)**
- 1 oz **Pistachios** T
- 1 whole **Scallion**
- 1¾ tsp **Spicy cumin-allspice blend**
- 2¼ oz **Roasted red peppers**
- ¼ tsp **Turmeric**
- 2¼ oz **Cardamom-spiced Greek yogurt** M
- 2 oz **Feta cheese** M

WHAT YOU'LL NEED

- small pot with lid
- large oven-safe sauté pan
- baking sheet
- medium bowl
- measuring cup & spoons
- strainer
- peeler
- oven mitt
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- T TREE NUTS (pistachios)
- M MILK

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

Validate
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

- Preheat oven to 425 degrees.
- Bring **basmati rice**, **vegetable stock concentrate**, 1¼ cups water, and ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the rice in Step 5.)

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

- Trim and peel **rainbow carrots***. Slice across at an angle into pieces, about ¼ inch thick.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Roughly chop **pistachios**.
- Trim and thinly slice **scallion**.

*The ingredient you received may be a different color.

3 SEASON & ROAST CARROTS

- Place **carrots** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with salt and pepper. Stir to evenly coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until fork-tender, stirring halfway through.

4 SEASON & ROAST CHICKPEAS

- Place **chickpeas** in bowl used for carrots. Drizzle with 1 teaspoon cooking oil. Season with **spicy cumin-allspice blend** and ¼ teaspoon salt. Stir to evenly coat.
- Heat 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **chickpeas** and **roasted red peppers** to hot pan. Cook 4-5 minutes, or until lightly browned, stirring occasionally.*
- Transfer pan to oven. Roast about 10 minutes, or until chickpeas are slightly crispy, stirring halfway through.**

*If the pan seems dry, add another 1-2 teaspoons cooking oil.

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.

5 FINISH RICE

- Fluff **rice** with a fork. Add **pistachios**, **turmeric**, and 1 tablespoon butter. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **pistachio turmeric rice** between bowls. Pile **chickpeas and roasted red peppers** on one side of each bowl. Place **roasted carrots** on opposite side. Drizzle with **cardamom-spiced Greek yogurt**. Garnish with **feta cheese** and **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (535g)

Amount per serving

Calories **870**

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1520mg	66%
Total Carbohydrate 97g	35%
Dietary Fiber 16g	57%
Total Sugars 18g	
Includes 1g Added Sugars	2%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 292mg	20%
Iron 5mg	30%
Potassium 1286mg	25%

* 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], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Turmeric**, **Basmati Rice** [basmati rice], **Pistachios** [pistachio], **Rainbow Carrots**, **Roasted Red Peppers** [bell pepper], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento]), **Cardamom Greek Yogurt** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: *L. acidophilus*, *L. bulgaricus*, *S. thermophilus*, and *Bifidobacterium lactis*], Ground Cardamom, Ground Cayenne Pepper, Granulated Garlic, Sea Salt, Black Pepper, Lemon Juice [lemon]), **Scallions**

Allergen information:

Contains Milk And 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.

