



# ROASTED CHICKPEA & CARROT BOWLS

*kale, rice with dates & feta, creamy turmeric-spiced vinaigrette*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
1030

**MENU**  
VEGETARIAN // GLUTEN-FREE

These colorful veggie-and-grain bowls are brimming with nourishing and delicious ingredients. At the base sits paprika-and-orange-spiced rice dotted with parsley, dates, and feta. On top: tender kale, roasted chickpeas and carrots, and a sprinkling of toasted pistachios. Everything gets drizzled in a creamy turmeric-spiced ginger vinaigrette that ties these bowls together.

## INGREDIENTS (12 ITEMS)

- 1 3/4 oz **Garbanzo beans (chickpeas)**
- 2 whole **Carrots**
- 4 oz **Turmeric-spiced ginger vinaigrette**
- 1 tsp **Paprika & orange spice blend**
- 1/2 cup **Jasmine rice**
- 1 whole **Vegetable stock concentrate**
- 1/2 oz **Pistachios** T
- 2 3/4 oz **Green kale**
- 1/4 oz **Parsley**
- 3/4 oz **Dates**
- 1 oz **Sour cream** M
- 2 oz **Feta cheese** M

## WHAT YOU'LL NEED

- small pot with lid
- small sauté pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- whisk
- strainer
- peeler
- oven mitt
- cooking & olive oils
- 1 tbsp butter M
- salt & pepper

## ALLERGENS

- T TREE NUTS (pistachios)
- M MILK



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 ROAST CHICKPEAS & CARROTS

- Preheat oven to 425 degrees.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Trim and peel **carrots**. Slice across at an angle into pieces, about ¼ inch thick.
- Place **chickpeas** and **carrots** in a large bowl. Drizzle with about 1 tablespoon **turmeric-spiced ginger vinaigrette** and about 1½ tablespoons cooking oil. Season with about half the **paprika and orange spice blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **chickpeas and carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. (Wipe out bowl.) Roast 16–20 minutes, or until carrots are fork-tender, stirring halfway through.

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 START RICE

- Bring **jasmine rice**, 1 cup water, **vegetable stock concentrate**, remaining **spice blend**, 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 16–18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Add 1 tablespoon butter. Stir until butter has melted. (You'll finish the rice in Step 6.)

## 3 TOAST PISTACHIOS

- Place **pistachios** in a dry, small sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pistachios** to a cutting board and allow to cool. Roughly chop.

## 4 PREP & MAKE SALAD

- Remove and discard any thick center stems from **green kale\***. Roughly chop leaves into bite-size pieces.
- Place **kale** in bowl used for chickpeas and carrots. Drizzle with about 1 tablespoon **vinaigrette** and about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- De-stem **parsley**; finely chop leaves.
- Cut **dates** widthwise into slices, about ¼ inch thick.

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

## 5 MAKE CREAMY VINAIGRETTE

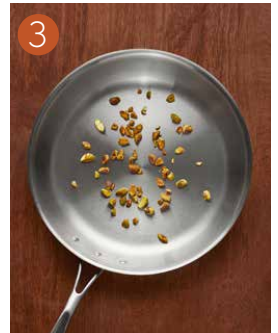
- Place **sour cream** and remaining **vinaigrette** in a small bowl. Whisk to combine. Season with salt and pepper to taste.

## 6 FINISH RICE

- Add **parsley**, **dates**, and about half the **feta cheese** to pot with **rice**. Stir to combine. Season with salt and pepper to taste.

## 7 PLATE YOUR DISH

- Divide **rice with dates and feta** between bowls. Top with **kale salad** and **roasted chickpeas and carrots**. Drizzle with **creamy turmeric-spiced ginger vinaigrette** to taste. Sprinkle with **pistachios** and remaining **feta**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (522g)

Amount per serving

**Calories** **1030**

	% Daily Value*
<b>Total Fat</b> 59g	76%
Saturated Fat 15g	75%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	17%
<b>Sodium</b> 2050mg	89%
<b>Total Carbohydrate</b> 106g	39%
Dietary Fiber 15g	54%
Total Sugars 25g	
Includes 6g Added Sugars	12%
<b>Protein</b> 22g	
Vitamin D 0mcg	0%
Calcium 303mg	25%
Iron 5mg	30%
Potassium 1219mg	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], **Carrots**, **Jasmine Rice** [jasmine rice], **Pistachios** [pistachio], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Green Kale**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Parsley**, **Sour Cream** [cultured cream], **Ginger Turmeric Vinaigrette** (Olive Oil [olive oil], Toasted Sesame Oil [toasted sesame oil], Puréed Ginger [ginger], Garlic, White Wine Vinegar [aged white wine vinegar], Lemon Juice [lemon], Agave [organic agave syrup], Turmeric, Sea Salt, Black Pepper), **Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper), **Dates** [organic dried pitted dates]

### 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.

