



**GREEN
CHEF**

BRAISED CHICKPEAS WITH TOMATOES & KALE

lemon rice, hummus, pistachios

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

570

MENU

VEGAN // GLUTEN-FREE //
MEDITERRANEAN // FAST & FIT

This vegan braise is bursting with bold flavors and diverse textures. We start by sautéing grape tomatoes and garlic until fragrant, and then stir in chickpeas, sun-dried tomatoes, and kale. Next, we add a sprinkle of garlic, paprika, and herbs and braise until tender. The braise is finished with a helping of hummus, which adds a delightful creaminess, before being ladled over zesty lemon jasmine rice and garnished with pistachios for a light crunch.



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.

INGREDIENTS (12 ITEMS)

½ cup	Jasmine rice
2 whole	Vegetable stock concentrates
4 oz	Grape tomatoes
¼ oz	Garlic
¼ oz	Sun-dried tomatoes
2¾ oz	Green kale
13¼ oz	Garbanzo beans (chickpeas)
1 whole	Lemon
½ oz	Pistachios <small>T</small>
½ tsp	Crushed red pepper flakes
1¼ tsp	Garlic, paprika & herb blend
2 oz	Hummus

WHAT YOU'LL NEED

small pot with lid
large sauté pan
mixing bowls
measuring cup & spoons
strainer
microplane
olive oil
salt & pepper

ALLERGENS

T TREE NUTS (pistachios)

Wash and dry fresh produce. Go to 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 **jasmine rice**, half the **vegetable stock concentrates**, 1 cup 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 16–18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (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

- Halve **grape tomatoes**.
- Mince **garlic**.
- Place **sun-dried tomatoes** in a small bowl. Cover with ½ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **sun-dried tomatoes** (reserve soaking liquid).
- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Zest half the **lemon** with a microplane (or on small holes of a box grater) over a second small bowl. Quarter **lemon**.
- Roughly chop **pistachios**.

*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

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

3 START BRAISE

- Heat 1½ teaspoons olive oil in a large sauté pan over medium heat. Add **grape tomatoes** and **garlic** to hot pan. Season with ¼ teaspoon salt, a pinch of pepper, and **crushed red pepper flakes*** to taste. Cook 2–3 minutes, or until tomatoes begin to soften, stirring occasionally.

*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.

4 ADD CHICKPEAS & VEGGIES

- Add **chickpeas**, **sun-dried tomatoes** (with reserved soaking liquid), **kale**, and remaining **vegetable stock concentrate** to pan. Season with **garlic**, **paprika**, and **herb blend**, salt, and pepper. Stir to combine. Cook 2–3 minutes, or until liquid is reduced by half. Remove from heat.

5 FINISH RICE

- Add **lemon zest** to pot with **rice**. Stir to combine. Season with salt and pepper to taste.

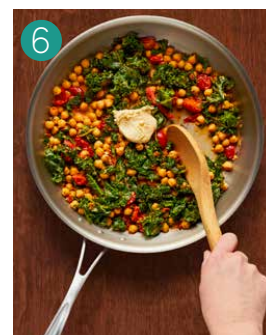
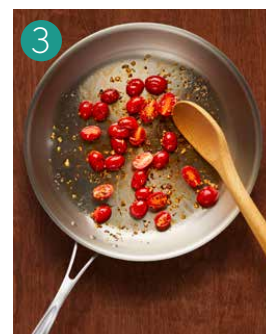
6 FINISH BRAISE

- Add **hummus** to pan with **chickpeas and veggies**. Stir to combine. Season lightly with salt and pepper to taste.*

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

7 PLATE YOUR DISH

- Divide **lemon rice** between bowls. Top with **braised chickpeas with tomatoes and kale**. Garnish with **pistachios**. Serve with **lemon wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (421g)

Amount per serving

Calories 570

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1230mg	53%
Total Carbohydrate 100g	36%
Dietary Fiber 15g	54%
Total Sugars 13g	
Includes 3g Added Sugars	6%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 147mg	10%
Iron 6mg	35%
Potassium 1187mg	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:

Jasmine Rice [jasmine rice], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Grape Tomatoes, Sun-Dried Tomatoes** [organic dried tomatoes], **Green Kale, Crushed Red Pepper Flakes, Garlic, Lemon, Hummus** [organic garbanzo beans (dry organic chickpeas, water), organic tahini (ground organic sesame), organic extra virgin olive oil, organic garlic, organic lemon juice, sea salt, non-gmo citric acid, organic spices], **Pistachios** [pistachio], **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder)

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.