

MARLEY SPOON



Spiced Chickpeas & Vegetables

with Rice Pilaf & Ginger Raita

 30-40min  2 Servings

Biryani is a staple (and widely celebrated) rice dish in Indian and Pakistani cuisine. Traditional biryani is a one pot dish, usually made from simmering meat, spices and rice in one pot until tender. This deconstructed vegetarian dish is a spin on classic. Rice is simmered with fresh ginger, and is topped with roasted carrots, chickpeas and onion seasoned with garam masala, and a refreshing cu...

What we send

- fresh cilantro
- red onion
- fresh ginger
- carrots
- canned chickpeas
- basmati rice
- garam masala
- cucumber
- Greek yogurt 7

What you need

- kosher salt & ground pepper
- olive oil

Tools

- fine-mesh sieve
- rimmed baking sheet
- saucepan

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 28g, Carbs 109g, Protein 27g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Halve, peel, and thinly slice **all of the onion**. Finely chop 2 tablespoons of the sliced onions. Peel and finely chop **1½ tablespoons ginger**. Pick **cilantro leaves** from **stems**. Finely chop stems, keeping leaves whole. Scrub and trim ends from **carrots**, then thinly slice on an angle. Drain and rinse **chickpeas**.



4. Make raita

Meanwhile, trim ends from **cucumber**, then finely chop. Transfer cucumbers to a medium bowl, along with **yogurt**, **remaining ½ teaspoon ginger**, **1 tablespoon water**, and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



2. Cook rice pilaf

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **chopped onions, cilantro stems, rice**, and **all but ½ teaspoon of the ginger**; cook until rice is toasted, 2 minutes. Add **1¼ cups water** and **¼ teaspoon salt** and bring to a boil. Cover and cook over low until rice is tender and water is absorbed, 17 minutes. Keep covered 5 minutes before serving.



5. Dress chickpeas & veggies

When **vegetables and chickpeas** are finished roasting, toss with **half of the cilantro leaves** and **a drizzle of oil**; season to taste with **salt** and **pepper**.



3. Roast chickpeas & veggies

While **rice** cooks, on a rimmed baking sheet, toss **sliced onions, carrots**, and **chickpeas** with **2 teaspoons of the garam masala**, **1½ tablespoons oil**, **½ teaspoon salt**, and **a few grinds pepper**. Roast on the center oven rack until vegetables are tender and browned, and chickpeas are crispy, 15-20 minutes.



6. Fluff rice & serve

Fluff **rice** with a fork and season to taste with **salt** and **pepper**. Serve **pilaf** topped with **spiced chickpeas, veggies, raita**, and **remaining cilantro leaves**. Enjoy!