

DINNERLY



Halal Cart-Style Chickpea & Salmon Bowl with Basmati Rice & White Sauce



30-40min



2 Servings

Lamb and chicken tend to get all of the love in the halal cart scene, but we're shining the spotlight on a veggie star: the mighty chickpea! With a tender salmon filet as their wingman, these creamy legumes are about to steal the show (and your heart). We've got you covered!

WHAT WE SEND

- 1 red onion
- 1 plum tomato
- 15 oz can chickpeas
- ¼ oz fresh mint
- 5 oz basmati rice
- ¼ oz gyro spice
- 1 lemon
- 3 (1 oz) sour cream ¹
- 8 oz pkg salmon filets ²

WHAT YOU NEED

- kosher salt
- olive oil
- garlic

TOOLS

- small saucepan
- rimmed baking sheet
- microplane or grater
- medium nonstick skillet

ALLERGENS

Milk (1), Fish (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 570kcal, Fat 19g, Carbs 102g, Protein 20g



1. Prep ingredients

Preheat oven to 375°F with a rack in the center.

Halve **onion**; cut half of the onion into 1-inch pieces, then dice remaining half. Cut **tomato** into ½-inch pieces. Drain and rinse **chickpeas**, then drain again. Pick **mint leaves** from stems and roughly chop.



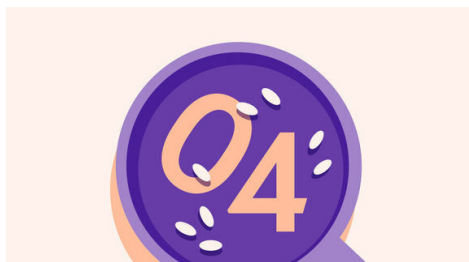
2. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low until liquid is absorbed, 17–20 minutes. Keep covered off heat until ready to serve.



3. Roast chickpeas

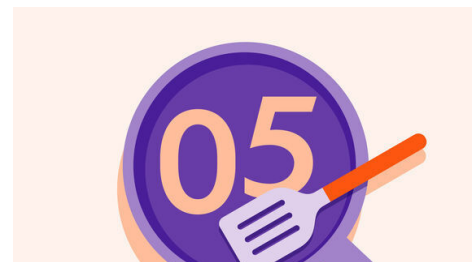
Meanwhile, on a rimmed baking sheet, toss **chickpeas** and **1-inch onion pieces** with **gyro spice**, **1 teaspoon salt**, and **1 tablespoon oil**. Bake on the center rack until chickpeas are crispy, 18–20 minutes.



4. Make white sauce

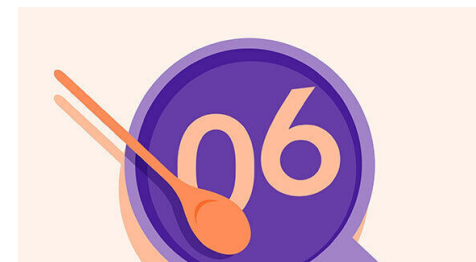
Zest **half of the lemon** and squeeze **1 tablespoon lemon juice** into a small bowl; cut remainder of lemon into wedges. Grate **1 small garlic clove** into bowl with lemon zest and juice.

To bowl with lemon and garlic, add **sour cream** and **2 teaspoons water**. Add more water, 1 teaspoon at a time, until sauce is smooth and pourable.



5. SALMON VARIATION

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4–5 minutes. Flip and cook until just medium, about 1 minute more.



6. Serve

Divide **rice** between bowls. Top with **crispy chickpeas** and **roasted onions**, **salmon**, **diced onion and tomato**, **mint**, and **white sauce**. Serve with **extra lemon wedges** if desired. Enjoy!