

DINNERLY



Low-Cal Mediterranean Chicken Hummus Bowl

with Bell Peppers & Marinated Cucumbers



20-30min



2 Servings

If you've ever been snacking on hummus and chips and wished you could turn that into a whole meal, we've got good news for you. Make your own creamy homemade hummus and top it off with baharat-seasoned chicken, bell peppers, and marinated cucumbers. Now your go-to snack is your go-to dinner, easy as that! We've got you covered!

WHAT WE SEND

- 1 bell pepper
- 1 cucumber
- 15 oz can chickpeas
- 1 oz tahini ¹¹
- ¼ oz granulated garlic
- ½ lb pkg chicken breast strips
- ¼ oz baharat spice blend ¹¹

WHAT YOU NEED

- white wine vinegar (or red wine vinegar) ¹⁷
- sugar
- kosher salt & ground pepper
- olive oil

TOOLS

- food processor or blender
- medium skillet

ALLERGENS

Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 46g, Carbs 54g, Proteins 45g

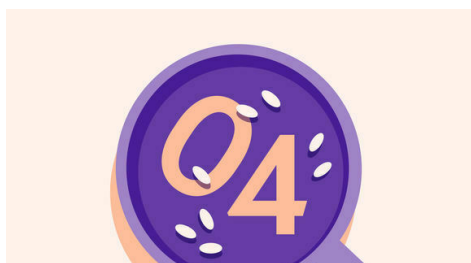


1. Prep pepper & cucumber

Halve **pepper**, discard stem and seeds, then thinly slice.

Halve **cucumber** crosswise (save one half for own use); cut in half lengthwise. Scoop out and discard seeds with a spoon, then cut into ½-inch pieces.

In a medium bowl, stir to combine **1 tablespoon each of vinegar and water, 1 teaspoon sugar, and ½ teaspoon salt**. Add cucumbers and toss to coat; set aside until ready to serve.



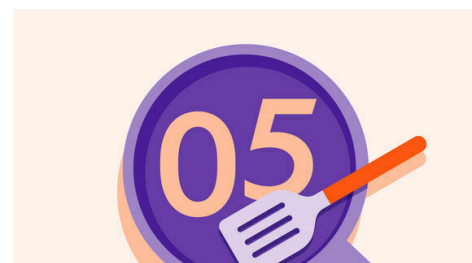
4. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and cook, stirring occasionally, until crisp-tender, 3–4 minutes. Add **chicken** and cook until lightly browned and cooked through, 3–4 minutes per side. Season to taste with **salt and pepper**.



2. Make hummus

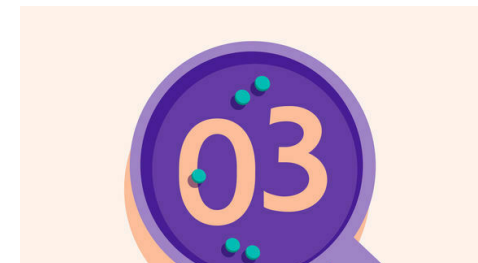
Drain **chickpeas**, reserving ¼ cup chickpea liquid. In bowl of a food processor or blender, add **chickpeas, tahini, 2 tablespoons chickpea liquid, ½ teaspoon granulated garlic, 3 tablespoons oil, and 1 tablespoon vinegar**; blend until smooth and fluffy, about 2 minutes. Season to taste with **salt and pepper**. Thin with more chickpea liquid, 1 tablespoon at a time, as needed.



5. Finish & serve

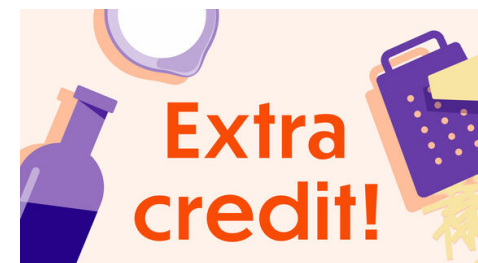
Divide **hummus** between bowls, spreading with the back of a spoon. Drizzle with **oil**.

Serve **Mediterranean hummus bowls** with **chicken and peppers** over top. Garnish with **marinated cucumbers**. Enjoy!



3. Season chicken

Pat **chicken** dry, then rub with **oil**. Season all over with **1½ teaspoons baharat spice, ½ teaspoon salt, and a few grinds of pepper**.



6. No blender? No problem!

If you don't have a food processor or blender, don't stress. You can still make a hummus that's just as good! In step 2, transfer the chickpeas to a medium bowl, then mash with a potato masher or fork until smooth. Stir in the ingredients as instructed, and continue mashing until desired consistency is reached.