



Israeli Hummus & Chicken Platter

with Homemade Pickles & Pita

 30-40min  2 Servings

You don't have to order from your favorite Middle Eastern spot to get the hummus platter of your dreams. We make it easy to recreate this dish at home, complete with homemade hummus and warm pita. Our take includes ground chicken cooked with garam masala to create a protein-rich, dinner-worthy plate. Crisp pickled carrots, pepperoncini, and tomato salad offset the rich flavors for a balanced bite. Dip in and enjoy!

What we send

- 1 carrot
- garlic
- ¼ oz fresh cilantro
- 2 plum tomatoes
- 15 oz can chickpeas
- 1 oz tahini ¹¹
- 2 Mediterranean pitas ^{1,6,11}
- 10 oz pkg ground chicken
- ¼ oz garam masala
- 1½ oz pepperoncini ¹⁷

What you need

- apple cider vinegar (or red wine vinegar)
- sugar
- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- potato masher or fork
- medium skillet

Cooking tip

For an extra smooth hummus, combine all ingredients listed in step 3 in a food processor. Pulse the ingredients, scraping down sides with a spatula occasionally, until hummus is very smooth.

Allergens

Wheat (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 49g, Carbs 82g, Protein 54g



1. Pickle carrots

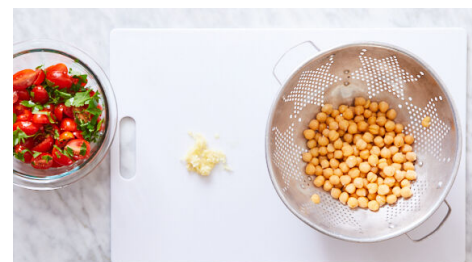
Scrub **carrot**, then cut on an angle into ¼-inch thick slices.

In a small saucepan, heat **¼ cup each of water and vinegar, 1 tablespoon sugar, and 1 teaspoon salt**. Bring to a simmer, then remove from heat; stir in carrots. Set aside to pickle, stirring occasionally.



4. Heat pitas

Heat a medium skillet over medium-high. Working 1 at a time, toast **pita** until lightly browned and warmed through, about 1 minute per side. Wrap in foil or a clean kitchen towel to keep warm.



2. Prep ingredients

Finely chop **1 teaspoon garlic**. Coarsely chop **cilantro leaves and stems**. Core **tomatoes**, then cut into 1-inch pieces. Drain and rinse **chickpeas**.

In a medium bowl, stir to combine **tomatoes, chopped cilantro, and a drizzle of oil**. Season to taste with **salt and pepper**.



3. Make hummus

Transfer **chickpeas** to a 2nd medium bowl; use a potato masher or fork to mash until smooth. Stir in **tahini, 3 tablespoons oil, 2-4 tablespoons water** (depending on desired consistency), **1 tablespoon vinegar**, and **½ teaspoon of the chopped garlic**. Season to taste with **salt and pepper**.



5. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **ground chicken** and **a pinch each of salt and pepper**. Cook, breaking up large pieces, until well browned and cooked through, 3-5 minutes. Add **all of the garam masala and remaining chopped garlic**; cook, about 1 minute more. Stir in **1 tablespoon of the carrot pickling liquid**. Season to taste with **salt and pepper**.



6. Finish & serve

Drain **carrots**; discard remaining pickling liquid. Serve **hummus** in shallow bowls with **chicken** and **some of the tomato salad** spooned over top. Serve with **pita, pickled carrots, pepperoncini, and remaining tomato salad** alongside. Enjoy!