

DINNERLY



Low-Cal 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. Top our creamy hummus 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
- ½ lb pkg chicken breast strips
- ¼ oz baharat spice blend ¹
- 2 (2 oz) hummus ¹

WHAT YOU NEED

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

TOOLS

- medium skillet

ALLERGENS

Sesame (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

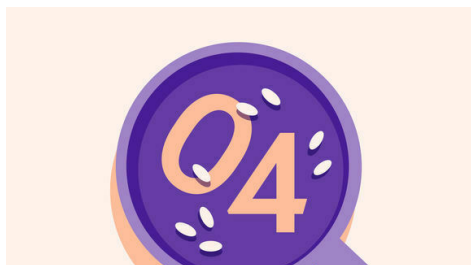
Calories 610kcal, Fat 48g, Carbs 20g, Protein 32g



1. Marinate cucumber

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.

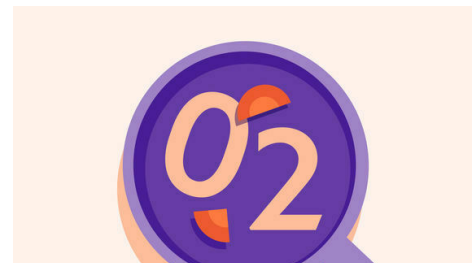
In a medium bowl, stir to combine **1 tablespoon each of vinegar and water, 1 teaspoon sugar, and ½ teaspoon salt**. Add cucumbers and toss to coat; set aside until ready to serve.



4. Finish & serve

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

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



2. Prep pepper & chicken

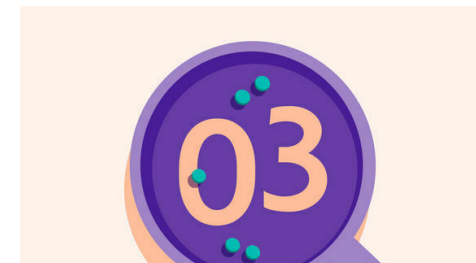
Halve **pepper**, discard stem and seeds, then thinly slice.

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



5. ...

What were you expecting, more steps?



3. Cook pepper & 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, stirring occasionally, until browned and cooked through, 3–4 minutes.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!