



Hoisin-Sesame Chickpea Bowls

with Green Onion Rice

Veggie

35 Minutes



Chickpeas



Basmati Rice



Broccoli, florets



Sweet Bell Pepper



Ginger



Green Onion



Vegetarian Oyster Sauce



Hoisin Sauce



Sesame Oil



Rice Vinegar



Cornstarch



Sesame Seeds

HELLO HOISIN SAUCE

A sweet and savoury sauce that adds an extra boost of flavour!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, colander, measuring spoons, medium pot, parchment paper, 2 small bowls, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chickpeas	398 ml	796 ml
Basmati Rice	¾ cup	1 ½ cups
Broccoli, florets	227 g	454 g
Sweet Bell Pepper	160 g	320 g
Ginger	30 g	30 g
Green Onion	1	2
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Hoisin Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Roast veggies

- Cut **broccoli** into bite-sized pieces.
- Core, then cut **pepper** into ¼-inch slices.
- Add **broccoli, peppers** and **½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with ½ tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast **veggies** in the **middle** of the oven until tender-crisp, 14-16 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



Toast sesame seeds

- Heat a large non-stick pan over medium heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Remove from heat.
- Transfer **sesame seeds** to a plate.



Cook rice

- Meanwhile, add **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook chickpeas

- Reheat the pan over medium-high (high for 4 ppl).
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chickpeas**. Cook, stirring often, until **chickpeas** are lightly golden, 1-2 min.
- Add **ginger**. Cook, stirring occasionally, until fragrant, 1 min.
- Add **sauce**. Bring to a boil.
- Once boiling, cook, stirring occasionally, until **chickpeas** are warmed through, 1-2 min.
- Remove from heat, then stir in **roasted veggies**.



Prep and make sauce

- Meanwhile, thinly slice **green onion**.
- Peel, then mince or grate **½ tbsp ginger** (dbl for 4 ppl).
- Drain and rinse **chickpeas**, then pat dry with paper towels.
- Add **cornstarch** and **½ cup water** (dbl for 4 ppl) to a small bowl. Whisk until **cornstarch** dissolves.
- Add **hoisin sauce, vegetarian oyster sauce, vinegar, sesame oil** and **cornstarch mixture** to another small bowl. Season with **salt** and **pepper**, then whisk to combine.



Finish and serve

- Fluff **rice** with a fork, then stir in **green onions**.
- Divide **rice** between bowls. Top with **chickpeas, veggies** and **any remaining sauce** from the pan.
- Sprinkle **sesame seeds** over top.

Dinner Solved!