



Hoisin-Sesame Chickpea Bowls

with Green Onion Rice

Veggie

35 Minutes



Chickpeas



Basmati Rice



Broccoli, florets



Sweet Bell Pepper



Green Onion



Vegetarian Oyster Sauce



Ginger-Garlic Puree



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
Green Onion	1	2
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Ginger-Garlic Puree	1 tbsp	2 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** 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 sesame seeds 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** and **half the ginger-garlic puree** (use all for 4 ppl). Cook, stirring often, until fragrant, 2-3 min.
- Add **sauce**. Bring to a boil.
- Once boiling, cook, stirring occasionally, until **chickpeas** are warmed through and **sauce** thickens slightly, 1 min.
- Remove from heat, then stir in **roasted veggies**.



Prep and make sauce

- Meanwhile, thinly slice **green onion**.
- 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 **vegetarian oyster sauce, vinegar, sesame oil, cornstarch mixture** and **half the hoisin sauce** (use all for 4 ppl) 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 and veggies** and **any remaining sauce** from the pan.
- Sprinkle **sesame seeds** over top.

Dinner Solved!