



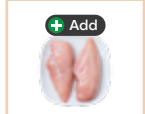
# Harissa Hummus Falafel Bowls

with Spiced Rice

Veggie

Quick

25 Minutes



Chicken Breasts <sup>+</sup>  
2 | 4

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or

\*2 Double

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Falafel  
8 | 16



Basmati Rice  
3/4 cup | 1 1/2 cups



Vegetable Broth Concentrate  
1 | 2



Sweet Bell Pepper  
1 | 2



Baby Tomatoes  
113 g | 227 g



Lemon  
1 | 1



Hummus  
4 tbsp | 8 tbsp



Shawarma Spice Blend  
1 tbsp | 2 tbsp



Garlic, cloves  
1 | 2



Baby Spinach  
56 g | 113 g



Harissa Spice Blend  
1 tbsp | 2 tbsp



Plant-Based Mayonnaise  
2 tbsp | 4 tbsp

**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.

1



### Cook rice

- Before starting, wash and dry all produce.

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **rice**, **garlic** and **Shawarma Spice Blend**.
- Cook, stirring often, until fragrant, 1 min.
- Add **broth concentrate**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** and bring to a boil over high.
- Once boiling, 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.

2



### Prep

- + Add | **Chicken Breasts**

- Meanwhile, halve **tomatoes**.
- Core, then cut **pepper** into ¼-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.

3



### Cook falafel

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 ½ tbsp** (3 tbsp) **oil**, then **falafel**. Using a spoon, break up **falafel** into bite-sized pieces.
- Cook, stirring occasionally, until **falafel pieces** are crispy and golden-brown, 4-5 min.

## 2 | Prep and cook chicken

- + Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\* Reuse the same pan to cook **falafel** in step 3.

4



### Make harissa hummus

- Meanwhile, add **hummus**, **Harissa Spice Blend**, **lemon zest**, **1 tsp** (2 tsp) **lemon juice**, **1 tbsp** (2 tbsp) **water**, **½ tsp** (1 tsp) **sugar** and **half the mayo** (use all for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

5



### Make salad

- Add **remaining lemon juice**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach**, **peppers** and **tomatoes**. Toss to combine.

6



### Finish and serve

- + Add | **Chicken Breasts**

- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **salad** and **crispy falafel**.
- Drizzle **harissa hummus** over top.
- Squeeze a **lemon wedge** over top, if desired.

## 6 | Finish and serve

- + Add | **Chicken Breasts**

Thinly slice **chicken**. Top final plates with **chicken**.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



Issue with your meal? Scan the QR code to share your feedback.