



# CHICKPEA SHAWARMA BOWLS

## WITH TAHINI-LEMON DRESSING, FETA, AND TZATZIKI

FAST. EASY. FRESH.

**1.** Preheat your oven to 425°F and then prep your ingredients. Combine the **rice** with 3 ½ cups of water in a small pot with 1 tsp. **salt**. Bring to a boil, then reduce the heat to low, cover, and simmer for 17-20 minutes, or until all the water has been absorbed. Set aside.

**2.** Make your pita chips. Brush the **pitas** with 4 tsp. **olive oil** and then sprinkle with **coarse salt**. Cut each pita into 8 wedges and place onto a baking tray. Next, drain and rinse the **chickpeas** and combine them with 2 Tbsp. **olive oil**, the **Shawarma Spices** (cumin, garlic powder, smoked paprika, and turmeric) and a good pinch of **salt** and **pepper**. Spread onto a tinfoil-lined baking sheet.

**3.** Transfer both the **pita** and the **chickpeas** into the oven. Bake the pita for 6-8 minutes, until golden and crispy, then remove and set aside. Continue to roast the chickpeas for a further 18-20 minutes, until crispy.

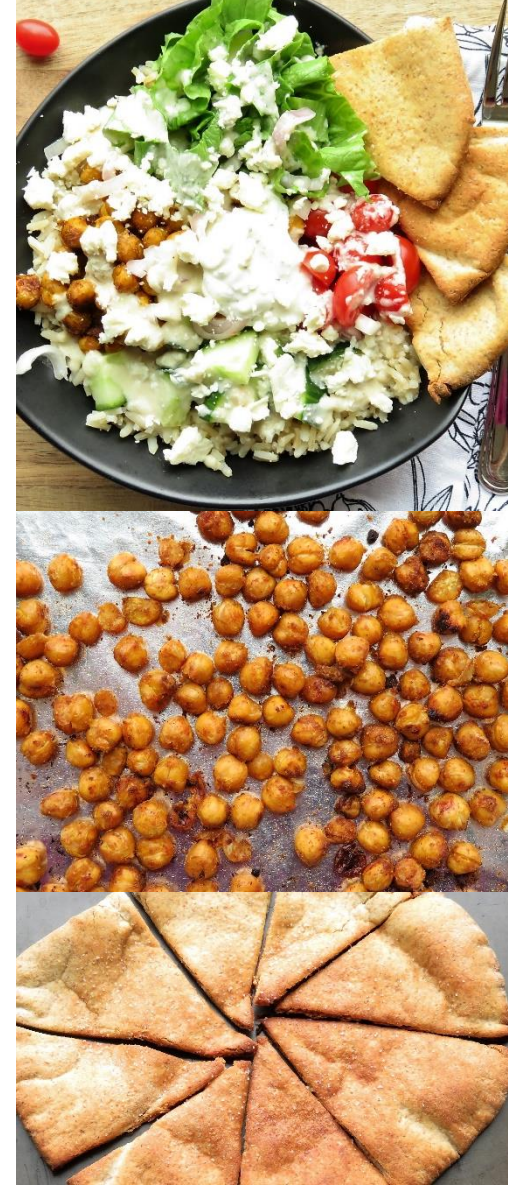
**4.** Meanwhile, make the dressing by peeling and mincing the **garlic** and then whisking it together with the **tahini**, juice from the **lemon**, 1/3 cup **hot water**, and **salt** and **pepper**.

**5.** Next, roughly chop the **lettuce**, cut the **grape tomatoes** in half, dice the **cucumber**, and peel and finely dice the **shallot**.

**6.** To assemble, spoon the **rice** into dishes and top with the **lettuce**, **chickpeas**, **tomatoes**, and **shallot**. Drizzle everything with the dressing and then finish with a sprinkle of **feta** and a dollop of **tzatziki**. Serve alongside the pita chips. Enjoy!

### Ingredients (4 Person Serving – 873 Calories Per Serving)

Chickpeas	1 540 ml Can	Converted Brown Rice	1 ½ Cups
Olive Oil	2 Tbsp. + 4 tsp.	Romaine Lettuce	4 Leaves
Ground Cumin	2 tsp.	Grape Tomatoes	1 Pint
Garlic Powder	1 tsp.	Mini Cucumbers	2
Smoked Paprika	1 tsp.	Shallots	2
Turmeric	½ tsp.	Tzatziki	½ Cup
Tahini	86 g	Feta Cheese	½ Cup
Lemon	1	Pitas	2
Garlic	1 Clove	Coarse Salt	1 tsp.
		Salt and Pepper	To taste



**35** Minute  
Cook  
Time!