



Middle Eastern Rice Pilaf

with Chickpeas and Swiss Chard



30-40min



4 Servings

This dish is inspired by Mujadara, a comforting Middle Eastern dish typically made with lentils and rice, but here we've used chickpeas. The key to making this dish delicious, is to really take the time to brown the onions because it's the basis of lots of the flavor. Swiss chard works well here because of the texture from the crisp-tender stems, as well as the delicate leaves. Cook, relax, and...

What we send

- basmati rice
- green swiss chard
- pomegranate seeds
- lemon
- whole cumin seeds
- yellow onion
- chickpeas
- fresh cilantro

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- fine-mesh sieve
- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 577.0kcal, Fat 25.8g, Proteins 15.0g, Carbs 73.9g



1. Prep rice & make sauce

Rinse **rice** in a fine-mesh sieve until water runs clear and drain well. Juice **1 lemon**; quarter the **second lemon**. In a small bowl, whisk together **tahini**, **2 tablespoons lemon juice**, **2 tablespoons oil**, and **4 tablespoons water**. Season to taste with **salt** and **pepper**.



4. Sauté aromatics

Reduce heat to medium-high. Add **4 teaspoons cumin seeds** (save rest for own use). Cook until fragrant, about 30 seconds. Add **chard stems**, **cilantro stems**, **1 teaspoon salt**, and **½ teaspoon pepper**. Cook until chard stems have softened, 3 minutes.



2. Prep vegetables

Trim ends from **onion**, then halve, peel and thinly slice. Cut stems from **Swiss chard**, then halve lengthwise if thick, and thinly slice. Stack **chard leaves**, then roll like a cigar and cut crosswise into ½-inch wide ribbons. Rinse and drain **chickpeas**. Pick **cilantro leaves** from **stems**, then roughly chop leaves, and finely chop stems separately.



5. Cook rice

Add **drained rice** and **chickpeas**. Sauté until rice is fragrant, about 1 minute. Add **2 cups water**, and bring to a boil over high. Reduce to low, cover, and cook until rice is tender and liquid is absorbed, 16-18 minutes. Fluff rice with a fork. Stir in **half of the cilantro leaves**. Season to taste with **salt** and **pepper**.



3. Brown onion

In a medium pot, heat **3 tablespoons oil** over high until shimmering. Add **onion** and cook, stirring occasionally, until beginning to brown, 7-9 minutes.



6. Finish & serve

Meanwhile, in a large skillet, cook **chard leaves** with **1 tablespoon oil** until wilted, about 4 minutes. Season to taste with **salt** and **pepper**, then fold into **cooked rice**. Scoop into bowls and drizzle with **tahini sauce**. Garnish with **pomegranate seeds** and **remaining cilantro**. Serve with **lemon wedges** for squeezing over. Enjoy!