### 15 MINUTE MEAL

## Baby Kale & Chickpea Grain Bowl

with Creamy Garlic Dressing, Parmesan Crisps & Cooked Farro

### 2 < OR > 4 SERVINGS



20 oz Cooked Farro



2 15.5-oz can Chickpeas



6 oz Baby Kale



2 Lemon



8 oz Grape Tomatoes



1/4 1/2 cup Grated Parmesan Cheese



4 Tbsp Vegetarian



Worcestershire Sauce



6 Tbsp Roasted Garlic Pesto



4 Tbsp Mayonnaise



2 Tbsp Dijon Mustard



1/2 tsp Crushed Red Pepper Flakes



CUSTOMIZED OPTIONS:

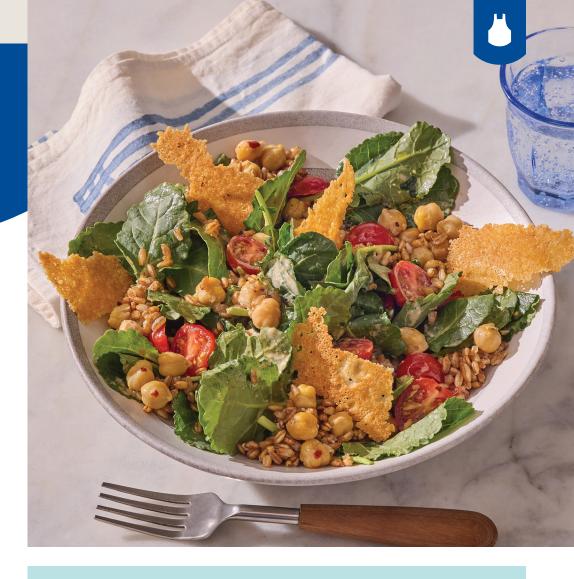


10 | 20 oz Boneless Chicken **Breast Pieces** 





10 20 oz Shrimp<sup>1</sup>



### Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

### **Getting Started**

#### COOKING TOOLS

Large Nonstick Pan Knife **Cutting Board** 

### FROM YOUR PANTRY

Olive Oil Salt Pepper

### Chef's Note



Our crushed red pepper flakes consist of dried and crushed red chili peppers, which will vary slightly in spiciness depending on how fresh the flakes are. They are moderately spicy, so make sure to add only as much as you'd like.

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1. peeled & deveined Ingredients may be replaced and quantities may vary.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the

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retailer's product page. | Food safety handling information: blog.blueapron.com/foodsafety

### 1. Prepare the ingredients

- ☐ Wash and dry the fresh produce.
- Quarter and deseed the **lemon(s)**.
- $\hfill \square$  Drain and rinse the <code>chickpeas</code>.



### 2. Cook the chickpeas & farro

- ☐ In a large nonstick pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the drained chickpeas, farro, and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or



until combined and heated through (be careful, as the chickpeas may pop as they cook).

- ☐ Turn off the heat. Stir in **the juice of 2 lemon wedges**. Taste, then season with salt and pepper if desired.
- ☐ Transfer to a large bowl and let cool.
- $\square$  Wipe out the pan.

### ⇆

### Look for customized instructions before the next step!

### 3. Make the parmesan crisps

- ☐ Heat the same pan on medium-high until hot.
- ☐ Add the **parmesan** in an even layer. Cook, without stirring, 4 to 6 minutes, or until melted, lightly browned, and crispy at the edges.
- ☐ Carefully transfer to a plate. Let cool at least 2 minutes, then break into bite-sized pieces.



#### 4. Make the salad & serve your dish

- ☐ Meanwhile, halve the **tomatoes**.
- ☐ In a bowl, combine the mayonnaise, garlic pesto, worcestershire sauce, mustard, the juice of the remaining lemon wedges, and a drizzle of olive oil; season with salt and pepper and stir to combine.



- ☐ To the bowl of **cooled chickpeas and farro**, add the **kale**, **halved tomatoes**, and **dressing**; season with salt and pepper. Toss to combine
- ☐ Serve the salad topped with the parmesan crisps. Enjoy!

### **≒** Customized Steps

#### CHICKEN

#### **ADDITIONAL STEP:**

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper.
- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- ☐ Transfer to the bowl of cooled chickpeas and farro.
- ☐ Wipe out the pan.

#### SHRIMP

#### **ADDITIONAL STEP:**

- ☐ Pat the **shrimp** dry with paper towels; season with salt and pepper.
- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned shrimp. Cook, stirring occasionally, 3 to 5 minutes, or until opaque and cooked through.
- ☐ Transfer to the bowl of **cooled chickpeas and farro**.
- ☐ Wipe out the pan.



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