



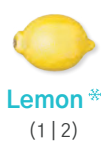
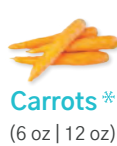
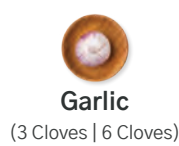
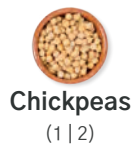
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SPICED CHICKPEA & COUSCOUS BOWLS

with Smoky Carrots, Creamy Lemon Sauce & Feta

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



PREP IN **10 MIN** READY IN **35 MIN**



If you chose to add a protein when placing your order, follow the **CustomPlate** instructions on the flip side of this card to learn how to modify your meal.



Chicken Breast Strips
(1 | 2)

Cooking Oil 🌿

WHAT YOU'LL NEED

Kosher Salt
Black Pepper

Olive Oil
(1 TBSP | 2 TBSP)
Cooking Oil
(2 tsp | 4 tsp)

Butter
(1 TBSP | 2 TBSP)
Contains: Milk

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When prepping your chickpeas (aka garbanzo beans), you'll wanna get them as dry as possible to help them roast to crispy perfection. (The more moisture there is on the surface, the more likely they are to steam.) After draining and rinsing the 'banzos, place them on a layer of paper towels and pat dry while gently rolling them around to remove any excess water.

1.



Adjust racks to top and bottom positions and preheat oven to 425 degrees. **Wash and dry produce.** Drain and rinse **chickpeas**; pat dry with paper towels. Peel **garlic**; place two cloves (**four cloves for 4 servings**) in the center of a small piece of foil with a **drizzle of olive oil**. Cinch into a packet. (**Reserve remaining garlic for step 4.**) Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges.

3.



Roast **chickpeas** and **garlic foil packet** on top rack and **veggies** on bottom rack until chickpeas are crispy, garlic is softened, and veggies are tender, 20–25 minutes. (**It's natural for chickpeas to pop a bit while roasting! They may finish first—if so, carefully remove from sheet and continue roasting garlic and veggies.**) Transfer roasted garlic to a cutting board.

↔ Pat **chicken** dry with paper towels and season all over with **salt and pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4–6 minutes.

5.



Melt **1 TBSP butter** (**2 TBSP for 4 servings**) in a medium pot over medium-high heat. Add **couscous**; cook, stirring, until toasted, 1 minute. Stir in **¾ cup water** (**1½ cups for 4**), **stock concentrate**, and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6–8 minutes. Drain any excess liquid if necessary. Keep covered off heat.

Chicken is fully cooked when internal temperature reaches 165 degrees.

2.



Toss **chickpeas** on a baking sheet with a **large drizzle of oil**, **Turkish Spice**, **salt**, and **pepper**. Place **garlic foil packet** on same sheet. Toss **carrots** and **onion** on a separate sheet with a **large drizzle of olive oil**, **paprika**, **salt**, and **pepper**.

4.



Meanwhile, zest and quarter **lemon** (**for 4 servings, zest one lemon and quarter both**). Finely chop **remaining garlic clove** (**remaining two cloves for 4**). In a small bowl, combine **sour cream**, a **squeeze of lemon juice**, and as much **lemon zest** and **chopped garlic** as you like. Season with **salt** and **pepper**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.

6.



Mash **roasted garlic** with a fork until smooth; stir into **couscous**. Taste and season with **salt** and **pepper**. Divide **couscous**, **chickpeas**, and **veggies** between bowls in separate sections. Drizzle with **creamy lemon sauce** and sprinkle with **cheese**. Pick **cilantro leaves** from stems and sprinkle over finished bowls. Serve with **remaining lemon wedges** on the side.

↔ Add **cooked chicken** to bowls along with **veggies**.

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