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HARISSA-ROASTED CHICKPEA BOWLS

with Couscous, Creamy Avocado Dressing & Cilantro

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



Carrots *
(6 oz | 12 oz)



Chickpeas
(1 | 2)



Red Onion
(1 | 2)



Lemon *
(1 | 2)



Harissa Powder
(1 | 1)



Guacamole *
(1 | 2)



Sour Cream *
(1 | 2)
Contains: Milk



French Couscous
(1 | 2)
Contains: Wheat



Veggie Stock Concentrate
(1 | 2)



Cilantro *
(1 | 2)

WHAT YOU'LL NEED

Kosher Salt
Black Pepper

Butter
(1 TBSP | 2 TBSP)
Contains: Milk

Vegetable Oil
(1 TBSP | 2 TBSP)

Olive Oil
(1 tsp | 2 tsp)

CUSTOMPLATE

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CHEF'S TIP

Hey, friend! (Yeah, we're friends.) Just wanted to let you know that it's possible—and totally natural—for chickpeas to pop a bit while they roast. What can you do to help?

Pat the chickpeas dry with paper towels after rinsing, and then just keep an eye out while they're in the oven. You'll be glad you gave them a little extra TLC. The crispy little treasures are worth the effort.

HAVE A CUSTOMPLATE?

Did you add **chicken breasts** to this meal? While carrots and chickpeas roast in step 4, 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; cook until browned and cooked through, 5–6 minutes per side. Transfer to a plate to rest, then thinly slice crosswise. Arrange over your finished bowls.

1.



Preheat oven to 425 degrees. **Wash and dry all produce.** Trim, peel, and cut **carrots** on a diagonal into $\frac{3}{4}$ -inch-thick pieces. Drain and rinse **chickpeas**. Halve and peel **onion**; cut half into $\frac{1}{2}$ -inch-thick wedges. Finely chop remaining onion until you have $\frac{1}{4}$ cup ($\frac{1}{2}$ cup for 4 servings). Zest and quarter **lemon**.

2.



Toss **carrots** on one side of a baking sheet with a **drizzle of oil**, $\frac{1}{2}$ tsp **harissa powder** (1 tsp for 4 servings; you'll use more in the next step), salt, and pepper. (For 4, spread carrots out across entire sheet.) Roast for 5 minutes (you'll add more to the baking sheet then).

3.



Meanwhile, in a medium bowl, toss **chickpeas** and **onion wedges** with a **large drizzle of oil**, 1 tsp **harissa powder** (2 tsp for 4 servings; be sure to measure—we sent more), salt, and pepper. In a small bowl, combine **guacamole**, **sour cream**, 1 TBSP **water** (2 TBSP for 4), and a **squeeze of lemon juice** to taste. Season with salt and pepper.

4.



Once **carrots** have roasted 5 minutes, remove sheet from oven. Add **chickpea mixture** to empty side. (For 4 servings, leave carrots roasting and add chickpea mixture to a second baking sheet.) Return to oven until veggies are tender and chickpeas are slightly crispy, 15–20 minutes more.

5.



Meanwhile, melt 1 TBSP **butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **chopped onion** and season with salt and pepper. Cook, stirring, until softened, 3–4 minutes. Stir in **couscous**, $\frac{3}{4}$ cup **water** ($1\frac{1}{4}$ cups for 4), **stock concentrate**, and a **big pinch of salt**. Bring to a boil, then immediately cover and remove from heat. Keep covered until ready to serve.

6.



Roughly chop **half the cilantro**; pick remaining cilantro leaves from stems. Once everything is done roasting, fluff **couscous** with a fork; stir in **lemon zest** and **chopped cilantro**. Season with salt and pepper. Divide between bowls and top with **roasted carrots** and **chickpea mixture**. Top with **avocado dressing** and **cilantro leaves**. Drizzle with **olive oil** and serve with any remaining **lemon wedges** on the side.

Chicken is fully cooked when internal temperature reaches 165 degrees.

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