



HARISSA-ROASTED CHICKPEA BOWLS

with Couscous, Creamy Avocado Dressing, and 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



Couscous
(1 | 2)
Contains wheat



Vegetable Stock Concentrate
(1 | 2)



Cilantro *
(1 | 2)

WHAT YOU'LL NEED

Butter
(1 TBSP | 2 TBSP)
Contains milk

Vegetable Oil
(1 TBSP | 2 TBSP)

Olive Oil
(1 tsp | 2 tsp)

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.



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 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** (1 **tsp** for 4 servings), **salt**, and **pepper**. (For 4, **spread carrots out across sheet**.) Roast for 5 minutes (we'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** (2 **tsp** for 4 servings), **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 for 5 minutes, remove baking sheet from oven. Spread **chickpea mixture** on opposite side of sheet. (For 4 servings, **leave carrots roasting and add chickpea mixture to a second baking sheet**.) Return to oven and roast 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 **diced 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 large pinch of **salt**. Bring to a boil, then immediately cover and remove from heat. Keep covered until ready to serve.



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

ENJOY COOKING WITH US?

Get \$20 off your next order when you refer a friend! everyplate.com/referral

WK34 NJ-88