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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



Israeli 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

Cooking Oil
(1 TBSP | 2 TBSP)

Olive Oil
(1 tsp | 2 tsp)

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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 extra-dry with paper towels after rinsing in step 1, 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 treasures are worth the effort.

1.



Preheat oven to 425 degrees. **Wash and dry produce.** Trim, peel, and cut **carrots** on a diagonal into $\frac{3}{4}$ -inch-thick pieces. Drain and rinse **chickpeas**; dry thoroughly with paper towels. Halve, peel, and cut **half the onion** 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. Carefully 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**; season with **salt** and **pepper**. Cook, stirring, until softened, 3–4 minutes. Add **couscous**; cook, stirring, until toasted, 1–2 minutes. Stir in $\frac{3}{4}$ cup **water** ($1\frac{1}{2}$ cups for 4), **stock concentrate**, and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6–8 minutes. Keep covered off heat 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 couscous 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.

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