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CRISPY SPICED CHICKPEA & COUSCOUS BOWLS

with Smoky Roasted Veggies, Creamy Garlic Sauce & Feta

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



Carrots*
(6 oz | 12 oz)



Red Onion
(1 | 1)



Chickpeas
(1 | 2)



Garlic
(3 Cloves | 6 Cloves)



Turkish Spice Blend
(1 | 2)



Smoked Paprika
(1 | 2)



Lemon*
(1 | 2)



Sour Cream*
(3 | 6)
Contains: Milk



Israeli Couscous
(1 | 2)
Contains: Wheat



Feta Cheese*
(1 | 2)
Contains: Milk



Cilantro*
(1 | 2)



Veggie Stock Concentrate
(1 | 2)

WHAT YOU'LL NEED

Kosher Salt
Black Pepper

Olive Oil
(5 tsp | 10 tsp)

Butter
(1 TBSP | 2 TBSP)
Contains: Milk

CUSTOMPLATE

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CHEF'S TIP

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 rolling the beans to dry on all sides.

HAVE A CUSTOMPLATE?

Did you add chicken breasts to this meal? In step 1, pat chicken dry with paper towels and season all over with **salt and pepper**. While couscous cooks in step 5, heat a drizzle of olive oil in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 5–6 minutes per side. Transfer to a cutting board. Let chicken rest a few minutes, then thinly slice crosswise. Add to bowls in step 6.

1.



Adjust racks to top and bottom positions and preheat oven to 425 degrees. **Wash and dry all produce.** Drain and rinse **chickpeas**; pat dry with paper towels. Peel **garlic**; place 2 cloves (4 cloves for 4 servings) in the center of a small piece of foil with a **drizzle of olive oil**. Cinch into a packet. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges.

2.



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

3.



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

4.



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

5.



Melt **1 TBSP butter** (2 TBSP for 4 servings) in a medium pot over medium-high heat. Add **couscous** and cook 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.

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 **feta**. Pick **cilantro leaves** from stems; sprinkle over finished bowls and serve with **remaining lemon wedges** on the side.

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