

# Roasted Chickpea & Freekeh Salad

*with Harissa-Glazed Carrots & Dates*

Tonight, we're making a Middle Eastern grain salad with layers of authentic flavor. Before boiling it, we're pan-toasting freekeh (a type of young wheat) to bring out its nuttiness. It mixes deliciously with crispy roasted chickpeas and the sweet notes of dates and sautéed carrots. Our carrots get extra zest from a glaze of green harissa—a North African condiment made from green peppers instead of the traditional red. Lemony, creamy labneh (a type of cheese made from strained yogurt) finishes the dish with a dollop of brightness.

## Blue Apron Wine Pairing

Helen Foggo Shiraz, 2015



## Ingredients

1½ Cups Chickpeas  
¾ Cup Cracked Freekeh  
4 Carrots  
1 Lemon  
1 Bunch Parsley

## Knick Knacks

2 Ounces Deglet Noor Dates  
2 Tablespoons Sliced Almonds  
1 Shallot  
1 Tablespoon Green Harissa Paste  
¼ Cup Labneh Cheese

**Makes:** 2 servings | **Calories:** about 700 per serving

**Prep Time:** 10 minutes | **Cook Time:** 35–45 minutes



1



## Roast the chickpeas:

Preheat the oven to 425°F. Line a work surface with a layer of paper towels. Drain and rinse the **chickpeas**; spread onto the paper towels. Using a second layer of paper towels, gently pat or roll the chickpeas to thoroughly dry; discard any loose chickpea skins. Transfer the dried chickpeas to a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast, stirring halfway through, 24 to 26 minutes, or until golden brown and crispy. Remove from the oven.

2



## Prepare the ingredients:

While the chickpeas roast, wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel the carrots; halve lengthwise, then cut into 2-inch-long pieces on an angle. Pit and roughly chop the dates. Pick the parsley leaves off the stems; discard the stems. Peel the shallot; mince to get 2 tablespoons (you may have extra). Place in a bowl with the **lemon zest** and the **juice of 2 lemon wedges**.

3



## Toast & cook the freekeh:

While the chickpeas continue to roast, in a large, high-sided pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **freekeh**; season with salt and pepper. Toast, stirring occasionally, 3 to 5 minutes, or until fragrant. Transfer the toasted freekeh to the pot of boiling water and cook 22 to 25 minutes, or until tender. Drain thoroughly. Wipe out the pan.

4



## Season the labneh & make the vinaigrette:

While the freekeh cooks, in a bowl, combine the **labneh** and the **juice of the remaining lemon wedges**; season with salt and pepper to taste. Set aside. Season the **shallot-lemon juice mixture** with salt and pepper to taste; slowly whisk in **2 tablespoons of olive oil** until well combined.

5



## Cook & glaze the carrots:

While the freekeh continues to cook, in the pan used to toast the freekeh, heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until tender. Add the **dates**, **1/4 cup of water** and **as much of the harissa paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined and the liquid has cooked off. Remove from heat.

6



## Finish & plate your dish:

Off the heat, add the **cooked freekeh**, **roasted chickpeas**, **almonds** and **vinaigrette** to the pan of **glazed carrots**. Stir to thoroughly combine; season with salt and pepper to taste. Divide between 2 dishes and top with a few spoonfuls of the **seasoned labneh**. Garnish with the **parsley**. Enjoy!