

Roasted Acorn Squash

with Couscous Salad & Dressed Pea Shoots

Tonight's hearty dish pairs sweet, nutty roasted acorn squash with a Middle Eastern-inspired couscous salad. We're combining the fluffy grain with crunchy almonds, dried apricots and carrots sautéed with vibrant Aleppo pepper. For our side, a duo of lemon-dressed pea shoots and peppery radishes add a bit of refreshing crispness—complementing the lemony yogurt sauce drizzled atop the couscous and squash.

Blue Apron Wine Pairings

Breëland Wine Cellars Malbec, 2015
Ventana Vineyards Chardonnay, 2014



Ingredients

1 Cup Couscous
½ Cup Plain Greek Yogurt
3 Radishes
2 Carrots
2 Cloves Garlic
1½ Ounces Pea Shoots
1 Acorn Squash
1 Lemon
1 Bunch Parsley

Knick Knacks

3 Tablespoons Almonds
2 Ounces Dried Apricots
½ Teaspoon Crushed Aleppo Pepper

Makes: 2 servings | **Calories:** about 775 per serving
Prep Time: 15 minutes | **Cook Time:** 30–40 minutes



1



Roast the squash:

Preheat the oven to 450°F. Wash and dry the **squash**. Cut off and discard the ends of the squash; halve lengthwise, then scoop out and discard the pulp and seeds. Cut the squash into 1-inch-wide wedges. Place on 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 30 to 32 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

2



Prepare the ingredients:

While the squash roasts, wash and dry the fresh produce. Using a peeler, remove the 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. Finely chop the parsley leaves and stems. Peel the carrots; thinly slice into rounds. Peel and mince the garlic. Roughly chop the almonds and apricots. Cut off and discard the ends of the radishes; thinly slice into rounds.

3



Cook the couscous:

While the squash continues to roast, in a small pot, combine the **couscous** and **1½ cups of water**; season with salt and pepper. Heat to boiling on high. Once boiling, cover and remove from heat. Let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff the cooked couscous with a fork.

4



Make the yogurt sauce:

While the couscous cooks, in a bowl, combine the **yogurt**, **half the lemon zest**, **half the parsley**, **the juice of 1 lemon wedge** and a drizzle of olive oil. Season with salt and pepper to taste.

5



Make the couscous salad:

While the couscous continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **garlic** and **as much of the Aleppo pepper as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **cooked couscous**; cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat. Stir in the **almonds, apricots, remaining lemon zest and parsley** and the **juice of 1 lemon wedge**. Season with salt and pepper to taste.

6



Dress the pea shoots & serve your dish:

Just before serving, in a large bowl, combine the **pea shoots**, **radishes**, **the juice of the remaining lemon wedges** and a drizzle of olive oil. Toss to combine and season with salt and pepper to taste. Transfer to a serving dish. Transfer the **couscous salad** and **roasted squash** to a serving dish. Top the squash with a few spoonfuls of the **yogurt sauce** and a drizzle of olive oil. Enjoy!