

Crispy Chickpea & Freekeh Salad

with Lemon Labneh & Harissa-Glazed Carrots

PREP TIME: 15 minutes

COOK TIME: 35-45 minutes

SERVINGS: 2

A staple of North African and Middle Eastern cuisines, harissa is a versatile, flavor-packed chile paste. Here, we're using green harissa (made from milder chiles) to glaze the carrots in our hearty grain salad—which gets delicious pops of texture from crispy roasted chickpeas. Dolloped on top, tangy, lemon-seasoned labneh is perfect for stirring into each bowl for a layer of creaminess.



BLUE APRON WINE PAIRING:

Maggio Calogero Petit Verdot, 2015

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Ingredients



2/3 cup
CRACKED
FREEKEH



1 1/2 cups
CHICKPEAS



4
CARROTS



1
LEMON



1 bunch
PARSLEY

KNICK KNACKS:



1 oz
DEGLET NOOR
DATE



1
SHALLOT



1 Tbsp
GREEN HARISSA
PASTE



2 Tbsp
ROASTED
ALMONDS



1/4 cup
LABNEH CHEESE

Did You Know?
Labneh is a soft cheese made by straining and salting yogurt.



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1 Prepare & roast the chickpeas:

- ☐ Preheat the oven to 425°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Drain and rinse the **chickpeas**. Spread onto a paper towel-lined sheet pan. Using a second layer of paper towels, gently pat or roll the chickpeas to thoroughly dry; discard the paper towels and any loose chickpea skins.
- ☐ Drizzle the dried chickpeas with olive oil; toss to thoroughly coat. Arrange in a single, even layer.
- ☐ Roast, stirring halfway through, 20 to 22 minutes, or until crispy. (Be careful, as the chickpeas may pop as they roast.)
- ☐ Remove from the oven and carefully transfer to a paper towel-lined plate. Season with salt and pepper to taste.



2 Prepare the ingredients & make the vinaigrette:

- ☐ While the chickpeas roast, wash and dry the fresh produce.
- ☐ Peel the carrots; halve lengthwise, then thinly slice crosswise.
- ☐ Roughly chop the date.
- ☐ Roughly chop the parsley leaves and stems.
- ☐ Roughly chop the almonds.
- ☐ 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 shallot and mince to get 2 tablespoons (you may have extra). Place in a bowl with the **lemon zest** and the **juice of 2 lemon wedges**. Slowly whisk in **1 teaspoon of olive oil** until well combined. Season with salt and pepper to taste.



3 Cook the freekeh:

- ☐ While the chickpeas continue to roast, add the **freekeh** to the pot of boiling water and cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and return to the pot. Drizzle with olive oil and stir to thoroughly combine. Season with salt and pepper to taste.

4 Make the lemon labneh:

- ☐ 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.

5 Cook & glaze the carrots:

- ☐ While the freekeh continues to cook, in a large pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened.
- ☐ Add the **dates**, **¼ 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, 3 to 5 minutes, or until the carrots are softened and coated and the liquid has cooked off. Turn off the heat. Season with salt and pepper to taste.

6 Finish & plate your dish:

- ☐ Add the **vinaigrette**, **glazed carrots**, **roasted chickpeas** and **half the parsley** to the pot of **cooked freekeh**. Stir to thoroughly combine. Season with salt and pepper to taste.
- ☐ Divide between 2 dishes. Top with spoonfuls of the **lemon labneh**. Garnish with the **almonds** and **remaining parsley**. Enjoy!

