

BBQ Chickpeas & Farro

with Corn, Cucumbers
& Hard-Boiled Eggs

2 SERVINGS

25-35 MINS

 **Blue Apron**

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This farro salad boasts delicious contrast from tender chickpeas tossed in a savory-sweet barbecue sauce, crunchy marinated cucumbers, and bites of sweet corn (charred to lightly caramelize the kernels for even more flavor).

Ingredients

-  2 Pasture-Raised Eggs
-  1 15.5-oz can Chickpeas
-  ½ cup Semi-Pearled Farro
-  2 ears of Corn
-  2 Persian Cucumbers
-  1 bunch Chives
-  ¼ cup Barbecue Sauce
-  1 Tbsp Apple Cider Vinegar
-  1 oz Sliced Pickled Jalapeño Pepper
-  2 tsps Honey
-  1 Tbsp Barbecue Spice Blend*

*Smoked Paprika, Sweet Paprika, Ground Fennel Seeds, Ground Coriander, Garlic Powder & Light Brown Sugar

Wellness at Blue Apron

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VEGETARIAN



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.
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1 Cook the farro

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Fill a separate, small pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once the medium pot is boiling, add the **farro**. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.



2 Prepare the ingredients & make the vinaigrette

- Meanwhile, wash and dry the fresh produce.
- Remove the husks and silks from the **corn**; cut the kernels off the cobs.
- Drain and rinse the **chickpeas**.
- Halve the **cucumbers** lengthwise; thinly slice crosswise.
- Roughly chop the **pepper**; thoroughly wash your hands immediately after handling.
- In a bowl, combine the **sliced cucumbers**, a drizzle of **olive oil**, and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Thinly slice the **chives**.
- In a separate bowl, whisk together the **honey** (kneading the packet before opening), **vinegar**, and **1 tablespoon of olive oil**; season with salt and pepper.



3 Cook & slice the eggs

- While the cucumbers marinate, carefully add the **eggs** to the small pot of boiling water. Cook 9 minutes for hard-boiled.
- Drain and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- When cool enough to handle, peel the cooked eggs; thinly slice. Season with salt and pepper.



4 Char the corn

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **corn kernels** in an even layer; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until charred (be careful, as the corn may pop as it cooks). Continue to cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Transfer to a bowl.
- Wipe out the pan.



5 Cook the chickpeas & serve your dish

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **drained chickpeas** and **half the spice blend** (you will have extra). Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **barbecue sauce** (carefully, as the liquid may splatter) and $\frac{1}{4}$ **cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until the sauce is thickened. Turn off the heat. Taste, then season with salt and pepper if desired.
- To the pot of **cooked farro**, add the **vinaigrette**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **sliced eggs**, **marinated cucumbers**, **cooked chickpeas**, and **charred corn**. Garnish with the **sliced chives**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 730, Total Carbohydrates: 98g, Dietary Fiber: 19g, Added Sugars: 11g, Total Fat: 28g, Saturated Fat: 4.5g, Protein: 30g, Sodium: 1880mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC
New York, NY 10005

