

Crispy Chickpea & Barley Bowls

with Harissa-Glazed Carrots & Lemon Yogurt

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



An irresistible combo of preserved lemon purée and creamy yogurt provides bright contrast to the smoky carrots in these hearty barley bowls—also studded with earthy beets, sweet dates, and crispy sautéed chickpeas.

Ingredients

-  ½ cup Pearled Barley
-  1 15.5-oz can Chickpeas
-  6 oz Carrots
-  1 bunch Parsley
-  4 oz Cooked Beets
-  1 Tbsp Red Harissa Paste
-  1 oz Dried Medjool Dates
-  1 Shallot
-  1 Tbsp Sherry Vinegar
-  2 Tbsps Sliced Roasted Almonds
-  ½ cup Plain Nonfat Greek Yogurt
-  1 tsp Preserved Lemon Purée

Wellness at Blue Apron

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VEGETARIAN
600 CALORIES OR LESS
MEDITERRANEAN DIET



Serve a bottle of Blue Apron wine with this symbol: Floral & Aromatic.
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1 Cook the barley

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.



2 Prepare the ingredients & marinate the beets

- Meanwhile, wash and dry the fresh produce.
- Drain and rinse the **chickpeas**; pat dry with paper towels.
- Peel the **carrots**; halve lengthwise, then thinly slice on an angle.
- Pit and roughly chop the **dates**.
- Roughly chop the **parsley** leaves and stems.
- Peel the **shallot** and finely chop to get 1 tablespoon (you may have extra).
- On a paper towel-lined cutting board, medium dice the **beets**.
- In a bowl, combine the **yogurt**, **lemon purée**, and **1 tablespoon of water**; season with salt and pepper.
- In a separate bowl, combine the **chopped shallot**, **diced beets**, **vinegar**, and $\frac{1}{2}$ **teaspoon of olive oil**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Cook the chickpeas

- Meanwhile, in a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **dried chickpeas** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned (be careful, as the chickpeas may pop as they cook). Season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until slightly crispy.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



4 Cook & glaze the carrots

- In the same pan, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 3 to 5 minutes, or until lightly browned.
- Add the **harissa paste**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined.
- Add **2 tablespoons of water** (carefully, as it may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the carrots are coated and the water has cooked off. Turn off the heat.



5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **cooked chickpeas**, **glazed carrots**, **marinated beets** (including any liquid), **chopped dates**, and $\frac{1}{2}$ **teaspoon of olive oil**; season with salt and pepper. Stir to combine.
- Serve the **finished barley** topped with the **lemon yogurt**. Garnish with the **almonds** and **chopped parsley**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 590, Total Carbohydrates: 97g, Dietary Fiber: 24g, Added Sugars: 0g, Total Fat: 14g, Saturated Fat: 1.5g, Protein: 24g, Sodium: 1430mg.

**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.

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