

# Harissa Squash & Chickpea Bowls

with Arugula, Beets & Labneh

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**  
blueapron.com



Bold, Middle Eastern flavors abound in this vibrant dish, thanks to the smoky harissa we're using to dress delicate strands of spaghetti squash, and the warming shawarma spice blend that coats crispy roasted chickpeas sprinkled on top.

## Ingredients

-  1 Spaghetti Squash
-  1 15.5-oz can Chickpeas
-  4 oz Cooked Beets
-  2 oz Arugula
-  1 oz Dried Medjool Dates
-  1 Tbsp Red Harissa Paste
-  ¼ cup Labneh Cheese
-  1 Tbsp White Wine Vinegar
-  1 Tbsp Shawarma Spice Blend\*

\*Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric

## Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

### VEGETARIAN

### WW™ APPROVED



SmartPoints® value per serving



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**MEDITERRANEAN DIET**  
**600 CALORIES OR LESS**



Serve a bottle of Blue Apron wine with this symbol: Light & Bright.  
[blueapron.com/wine](https://blueapron.com/wine)



## 1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Using a sharp, sturdy knife, carefully halve the **squash** lengthwise. Using a spoon, scoop out and discard the pulp and seeds.
- Drain and rinse the **chickpeas**.
- Pit and roughly chop the **dates**.
- On a paper towel-lined cutting board, small dice the **beets**.
- In a medium bowl, combine the **chopped dates, diced beets, vinegar**, and a drizzle of **olive oil**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



## 2 Cook the squash

- Drizzle the cut sides of the **prepared squash** with **olive oil**; season with salt and pepper.
- Microwave **or** oven:  
**MICROWAVE:** Working in two batches if necessary, transfer the **seasoned squash** to a microwave-safe baking dish, cut side down. Fill with **½ inch of water**. Microwave on high 3 to 5 minutes, or until the flesh easily pulls away from the skin.



**OVEN:** Line a sheet pan with parchment paper (or foil). Transfer the **seasoned squash** to the sheet pan, cut side down. Roast 25 to 30 minutes, or until the skin is lightly browned and the flesh easily pulls away from the skin.

- Transfer the **cooked squash** to a large bowl to cool slightly.

## 3 Dry & roast the chickpeas

- Meanwhile, line a separate sheet pan with a layer of paper towels. Spread the **drained chickpeas** onto the paper towels.
- 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. Arrange in an even layer.



### Step 3 continued:

- Roast 4 to 5 minutes, or until completely dry.
- Leaving the oven on, remove from the oven. Drizzle with **olive oil**; season with salt, pepper, and the **spice blend**. Carefully stir to coat. Arrange in an even layer.
- Return to the oven and roast, stirring halfway through, 19 to 21 minutes, or until browned and crispy (be careful, as the chickpeas may pop as they roast).
- Remove from the oven.

## 4 Separate & dress the squash strands

- When cool enough to handle, using a fork, scrape the flesh of the **cooked squash** into the bowl; separate any clumps. Discard the skins.
- To the bowl, add the **harissa paste** and a drizzle of **olive oil**; season with salt and pepper. Stir to coat.
- Taste, then season with salt and pepper if desired.



## 5 Finish & serve your dish

- In a bowl, combine the **labneh** and **2 teaspoons of water**; season with salt and pepper.
- Add the **arugula** to the bowl of **marinated dates and beets**. Toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **dressed squash** topped with the **finished arugula** and **roasted chickpeas**. Drizzle with the **seasoned labneh**. Enjoy!



### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 490, Total Carbohydrates: 81g, Dietary Fiber: 21g, Added Sugars: 0g, Total Fat: 16g, Saturated Fat: 4.5g, Protein: 17g, Sodium: 1080mg.

\*\*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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