

Ingredients



½ cup Semi-Pearled



4 oz Grape Tomatoes



1 bunch Mint



2 tsps Date Syrup



1 15.5-oz can Chickpeas



2 cloves Garlic



1 oz Balsamic-Marinated Cipolline Onions



1 ½ oz Feta Cheese



1 Lemon



1 Red, Orange, or Yellow Bell Pepper



2 Tbsps Tahini



1 Tbsp Shawarma Spice Blend¹



Serve with Blue Apron wine that has this symbol blueapron.com/wine







SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. Scan this barcode

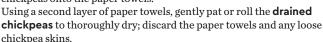
Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting SmartPoints? Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Dry the chickpeas

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Drain and rinse the chickpeas.
- Line a sheet pan with a layer of paper towels; spread the chickpeas onto the paper towels.



 Roast 4 to 5 minutes, or until completely dry. Leaving the oven on, remove from the oven.

2 Cook the farro

- Meanwhile, add the farro to the pot of boiling water and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



3 Season & roast the chickpeas

- Meanwhile, drizzle the dried chickpeas with 1 teaspoon of olive oil and season with salt, pepper, and all but a pinch of the spice blend; carefully stir to coat and arrange in an even layer.
- Return to the oven and roast 16 to 18 minutes, or until crispy (be careful, as the chickpeas may pop as they roast).
- Remove from the oven.



4 Prepare the remaining ingredients & make the dressing

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stem of the pepper. Halve lengthwise; remove the ribs and seeds, then large dice.
- Halve the tomatoes.
- Peel and roughly chop 2 cloves of garlic.
- Roughly chop the onions.
- Pick the mint leaves off the stems.
- Quarter and deseed the lemon.
- In a bowl, combine the tahini, date syrup, the juice of 2 lemon wedges, and 2 teaspoons of water. Season with salt and pepper.

5 Cook the vegetables

- In a medium pan (nonstick, if you have one) heat 2 teaspoons of olive oil on medium-high until hot.
- Add the diced pepper, halved tomatoes, and chopped garlic.
 Season with salt and pepper.
 Cook, stirring occasionally, 4 to
 5 minutes, or until softened.
- Turn off the heat.



6 Finish & serve your dish

- To the pot of cooked farro, add the chopped onions, remaining spice blend, and a drizzle of olive oil. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the finished farro topped with the cooked vegetables, crispy chickpeas, and cheese (crumbling before adding).



Drizzle with the **dressing** and garnish with the **mint leaves** (tearing just before adding). Serve the **remaining lemon wedges** on the side. Enjoy!