

# Shawarma-Spiced Chickpea & Farro Bowls

with Feta, Mint & Lemon-Tahini Dressing


2 SERVINGS | 25-35 MINS

 **Blue Apron**  
blueapron.com



## Ingredients

 ½ cup Semi-Pearled Farro


 4 oz Grape Tomatoes

 1 bunch Mint

 2 tps 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 Blend<sup>1</sup>



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



16 12 7

SmartPoints® value per serving  
(as packaged)



Scan this barcode in your WW app to track SmartPoints. 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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1. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric



## 1 Dry the chickpeas

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot  $\frac{3}{4}$  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. Using a second layer of paper towels, gently pat or roll the **drained chickpeas** to thoroughly dry; discard the paper towels and any loose chickpea skins.
- 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!

