

Roasted Chickpea & Barley Salad

with Lemon Labneh & Harissa-Glazed Vegetables

2 SERVINGS | 30-40 MINS



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Ingredients

 1 15.5-oz can Chickpeas

 6 oz Carrots

 1 Lemon

 1 Tbsp Red Harissa Paste

 ½ cup Pearled Barley

 1 Shallot

 1 bunch Parsley

 1 Kohlrabi

 2 oz Dried Medjool Dates

 ¼ cup Labneh Cheese

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



18 13 9

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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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 Cook the barley

- 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.
- Once boiling, add the **barley** to the pot and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Drizzle with **olive oil** and season with salt and pepper; stir to combine. Cover to keep warm.



2 Prepare & roast the chickpeas

- Meanwhile, line a sheet pan with a layer of paper towels.
- Drain and rinse the **chickpeas**; spread 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. Drizzle the with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast, stirring halfway through, 20 to 22 minutes, or until golden brown and crispy (be careful, as the chickpeas may pop as they roast).
- Remove from the oven. Taste, then season with salt and pepper if desired.



3 Prepare the remaining ingredients & make the shallot dressing

- Meanwhile, wash and dry the fresh produce.
- Cut off the top and bottom of the **kohlrabi** to create a flat surface; using a knife, cut down along the curve of the kohlrabi to remove the green skin. Halve lengthwise; if present, remove the core, then medium dice.
- Peel and medium dice the **carrots**.
- Pit and roughly chop the **dates**.
- Roughly chop the **parsley** leaves and stems.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 1 teaspoon. Quarter and deseed the lemon.



Step 3 continued:

- Peel the **shallot** and finely chop to get 2 tablespoons (you may have extra). Place in a bowl; add the **lemon zest** and the **juice of 2 lemon wedges**. Slowly whisk in **1 teaspoon of olive oil** until thoroughly combined. Taste, then season with salt and pepper if desired.

4 Cook & glaze the vegetables

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced kohlrabi** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **diced carrots**; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes, or until slightly softened.
- Add the **chopped dates, harissa paste, and $\frac{1}{2}$ cup of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 3 to 4 minutes, or until the vegetables are softened and the water has cooked off.
- Turn off the heat. Taste, then season with salt and pepper if desired.



5 Make the lemon labneh

- Meanwhile, in a bowl, combine the **labneh** and the **juice of the remaining lemon wedges**.
- Taste, then season with salt and pepper if desired.



6 Finish & serve your dish

- To the pot of **cooked barley**, add the **shallot dressing, glazed vegetables, and roasted chickpeas**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **lemon labneh** and **chopped parsley**. Enjoy!



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety
CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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