

BBQ Chickpea & Corn Grain Bowls

with Spicy Cucumbers & Hard-Boiled Eggs

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients*



2 Pasture-Raised Eggs



2 Persian Cucumbers



2 Scallions



2 tsps Honey



½ cup Semi-Pearled Farro



2 ears of Corn



¼ cup Barbecue Sauce



1 Tbsp Smoky Spice Blend¹



1 15.5-oz can Chickpeas



1 oz Sliced Pickled Jalapeño Pepper



1 Tbsp Rice Vinegar



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¹ Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Cook the farro

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Fill a separate, small pot $\frac{3}{4}$ of the way up with water; cover and heat to boiling on high.
- Once the medium pot of water is boiling, add the **farro**. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients & make the vinaigrette

- Meanwhile, wash and dry the fresh produce.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Drain and rinse the **chickpeas**.
- Halve the **cucumbers** lengthwise; thinly slice crosswise.
- Roughly chop the **pepper**. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a bowl, combine the **sliced cucumbers**, a drizzle of **olive oil**, and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- In a separate bowl, whisk together the **honey** (kneading the packet before opening), **vinegar**, and **1 tablespoon of olive oil**; season with salt and pepper.



3 Cook & slice the eggs

- Carefully add the **eggs** to the small pot of boiling water. Cook 9 minutes for hard-boiled.
- Drain and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- When cool enough to handle, peel the cooked eggs; thinly slice. Season with salt and pepper.



4 Char the corn

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **corn kernels**; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until charred (be careful, as the corn may pop as it cooks).
- Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Transfer to a bowl; cover with foil to keep warm.



5 Cook the chickpeas & serve your dish

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **drained chickpeas** and **half the spice blend** (you will have extra). Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **barbecue sauce** (carefully, as the liquid may splatter) and **$\frac{1}{4}$ cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until the sauce is thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- To the pot of **cooked farro**, add the **vinaigrette**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **sliced eggs, marinated cucumbers, cooked chickpeas**, and **charred corn**. Garnish with the **sliced green tops of the scallions**. Enjoy!

