

Chickpea & Kale Grain Bowls

with Fried Eggs & Sunflower Seeds

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients*

Customized ingredients

ADDED:



2 Skin-On Salmon Fillets 



6 oz Kale



2 Tbsps Tomato Paste



2 Tbsps Roasted Sunflower Seeds



2 Pasture-Raised Eggs



1 Red Onion



1 1/2 oz Feta Cheese



1 15.5-oz can Chickpeas



1 Tbsp Spanish Spice Blend¹



1/2 cup Semi-Pearled Farro



2 cloves Garlic



1 1/2 Tbsps Red Harissa Paste



1 1/2 Tbsps Golden Raisins



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



9 - 14

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 9-14 Points. Scan the barcode to see yours!



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

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon
*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook & finish the farro

- Fill a small pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.
- Add the **raisins** and a drizzle of **olive oil**; stir to combine. Taste, then season with salt and pepper if desired.



2 Prepare the ingredients

- Meanwhile, halve, peel, and thinly slice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Drain and rinse the **chickpeas**.
- Wash and dry the **kale**. Separate the leaves from the stems; discard the stems, then roughly chop the leaves.



3 Start the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion, chopped garlic, and spice blend**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **drained chickpeas, harissa paste, and tomato paste**. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.



4 Finish the vegetables

- Add the **chopped kale** to the pan; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly wilted.
- Add **1 cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 4 to 5 minutes, or until slightly thickened and the kale is wilted.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.



➡ ADDITIONAL STEP If you chose Salmon

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Transfer to a plate; cover with foil to keep warm.
- Wipe out the pan.

5 Cook the eggs & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.
- Serve the **finished farro** topped with the **finished vegetables** and **cooked eggs**. Garnish with the **sunflower seeds** and **cheese** (crumbling before adding). Enjoy!



➡ CUSTOMIZED STEP 5 If you chose Salmon

- Cook the eggs and serve your dish as directed with the **cooked fish** on the side.

*The USDA recommends a minimum safe cooking temperature of 145°F for fish.