$\frac{\text{martha stewart}}{\text{MARLEY SPOON}} \& \frac{}{}$



Roasted Chickpea Grain Bowl

with Dill-Yogurt Dressing





30-40min 2 Servings

We love how versatile grain bowls are-you can mix and match nearly any protein and veggie combo! For this version, we top nutty grains with protein-packed roasted chickpeas, baby spinach, and crisp radishes. A dollop of dill-Greek yogurt dressing adds creaminess to each bite.

What we send

- 15 oz can chickpeas
- ¼ oz ground cumin
- garlic
- 4 oz quick-cooking bulgur ¹
- 2 oz red radishes
- 1/4 oz fresh dill
- 1 lime
- 4 oz Greek yogurt ⁷
- 3 oz baby spinach

What you need

- · olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- 2 rimmed baking sheets
- small saucepan
- microplane or grater

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 32g, Carbs 74g, Protein 23g



1. Roast chickpeas

Preheat oven to 425°F with a rack in the lower third. Rinse and drain **chickpeas**; wrap in a clean kitchen towel to remove excess water. On a rimmed baking sheet, toss chickpeas with **1 tablespoon oil**, **2 teaspoons cumin**, and season with **salt** and **pepper**. Roast on lower oven rack, shaking baking sheet a few times, until chickpeas are golden and crisp, 20–25 minutes (watch closely).



2. Cook grains

Finely chop 1 teaspoon garlic. Heat 2 teaspoons oil in a small saucepan over medium-high. Add grains and ½ teaspoon of the chopped garlic. Cook until fragrant and grains are lightly toasted, 1-2 minutes. Add 1¼ cups water and ¼ teaspoon salt, bring to a boil. Reduce heat to low, cover, and cook until grains are tender and water is absorbed, 10-12 minutes.



3. Pickle radishes

Meanwhile, trim ends from **radishes**, then thinly slice. In a large bowl, combine **1 tablespoon vinegar** and **a pinch each of sugar and salt**. Add radishes and toss to combine. Let pickle until step 6. Once **grains** are cooked, fluff with a fork and spread out on a second rimmed baking sheet to cool until step 6.



4. Make dressing

Finely chop dill fronds and stems. Into a medium bowl, finely grate 1 teaspoon lime zest and squeeze 1½ teaspoons juice. Whisk in remaining garlic, ½ cup Greek yogurt, 1 tablespoon each of oil and water, 2 teaspoons of the chopped dill, and a pinch of sugar. Season to taste with salt and pepper.



5. Finish salad

To the large bowl with **radishes**, add **spinach** and **1 tablespoon oil**, and toss to combine.



6. Assemble & serve

Spoon grains, roasted chickpeas, and spinach salad into bowls. Drizzle dressing and sprinkle remaining dill on top. Enjoy!