



Chicken & Chickpea-Cumin Pilaf

with Carrot Salad & Garlicky Tahini



20-30min



2 Servings

We jazzed up pilaf with quick-cooking couscous, which makes this dish light as a feather, but still very filling. It's a feast for the eyes and appetite thanks to lean chicken breasts, grated carrots, chopped apricots, peppery arugula, and nutrient-rich chickpeas. Toasting the cumin seeds makes a big difference in the flavor department, as does the lemony-tahini dressing.

What we send

- 15 oz can chickpeas
- 1 oz dried apricots ¹²
- 2 carrots
- 2 scallions
- 2 lemons
- ¼ oz cumin seeds
- 3 oz arugula
- 1 oz tahini ¹¹
- garlic
- 2 (3 oz) couscous ¹
- 12 oz pkg boneless, skinless chicken breasts

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- fine-mesh sieve or colander
- box grater
- medium saucepan
- medium skillet

Allergens

Wheat (1), Sesame (11), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1090kcal, Fat 50g, Carbs 125g, Protein 67g



1. Prep ingredients

Drain and rinse **chickpeas**. Finely chop **2 teaspoons garlic**. Roughly chop **dried apricots**. Scrub **carrots**, then coarsely grate on the large holes of a box grater. Trim **scallions**, then thinly slice. Into a small bowl, squeeze **¼ cup lemon juice**.



4. Finish pilaf

Meanwhile, in a large bowl, whisk **3 tablespoons of the lemon juice** with **1 teaspoon sugar** and **¼ teaspoon each salt and pepper**. Whisk in **3 tablespoons oil**. Add **carrots, arugula**, and **half of the scallions**. Toss gently to coat.

Add **couscous** to bowl with arugula and carrots. Toss gently to combine.



2. Bloom aromatics

In a medium saucepan, heat **1 tablespoon oil** over medium. Add **2 teaspoons cumin seeds** and cook until fragrant, about 30 seconds. Add **chickpeas, dried apricots**, and **half of the chopped garlic**; cook until garlic is softened, about 2 minutes.



5. Make tahini sauce

Add a **generous pinch salt** to the **remaining chopped garlic** and mash into a paste using the side of a knife; transfer to a medium bowl. Whisk in **tahini** and **remaining lemon juice** (mixture will thicken up). Whisk in **1-2 tablespoons each water and oil** until **tahini sauce** is a creamy consistency. Season to taste with **salt and pepper**.



3. Cook couscous

To the saucepan with **chickpeas**, add **1 cup water** and **1 teaspoon salt**. Bring to a boil. Add **couscous**, cover, and remove from heat. Let stand for 5 minutes. Remove lid and fluff with a fork.



6. Cook chicken & serve

Pat **chicken** dry and season all over with **salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden-brown and cooked through, 3-4 minutes per side. Transfer to a cutting board to rest, 5 minutes.

Spoon **pilaf** onto plates. Drizzle with **tahini sauce** and garnish with **remaining scallions**. Enjoy!