

# DINNERLY



## Spiced Carrots, Chickpeas & Chicken Bowl

with Couscous, Pistachios & Mint



20-30min



2 Servings

How did we fit a taste of the Mediterranean into just one bowl? We can't reveal all our secrets...but we'll make an exception for our Dinnerly-heads. Broil baharat-spiced carrots til they're caramelized and chickpeas til they're crispy, then stir together a pistachio-mint vinaigrette. Serve it with fluffy couscous and creamy tzatziki to bring all that flavor together. We've got you covered!

## WHAT WE SEND

- 3 oz couscous <sup>1</sup>
- 15 oz can chickpeas
- 2 carrots
- ¼ oz baharat spice blend <sup>2</sup>
- ¼ oz fresh mint
- 1 oz salted pistachios <sup>3</sup>
- 4 oz tzatziki <sup>4,3</sup>
- 2 (½ lb) pkgs chicken breast strips

## WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)
- sugar

## TOOLS

- small saucepan
- rimmed baking sheet
- medium skillet

## ALLERGENS

Wheat (1), Sesame (2), Tree Nuts (3), Milk (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 860kcal, Fat 44g, Carbs 81g, Protein 75g



### 1. Cook couscous

Finely chop 2 **teaspoons garlic**.

In a small saucepan, bring ½ **cup water**, **half of the chopped garlic**, and a **pinch of salt** to a boil over high. Stir in **couscous**; cover and remove from heat. Let sit, off heat, about 5 minutes. Fluff with a fork and stir in **1 teaspoon oil**. Season to taste with **salt and pepper**. Cover to keep warm until ready to serve.



### 2. Prep carrots & chickpeas

Preheat broiler with a rack in the top position.

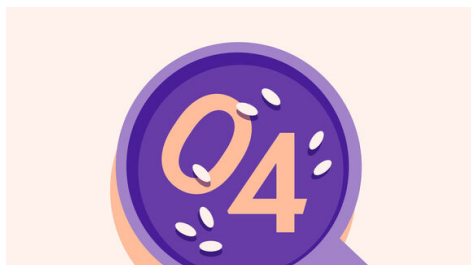
Drain and rinse **chickpeas**; pat dry with paper towels or a clean kitchen towel.

Halve **carrots** lengthwise, then cut on an angle into 2-inch pieces.



### 3. Broil carrots & chickpeas

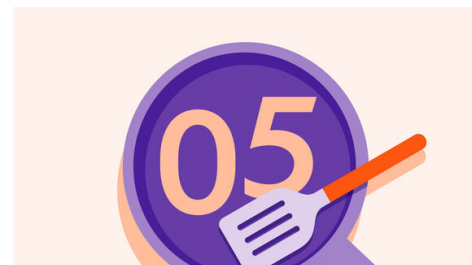
On a rimmed baking sheet, toss **carrots** and **chickpeas** with 2 **tablespoons oil** and 1 **tablespoon baharat seasoning**; season with **salt and pepper**. Broil on top oven rack until carrots are caramelized and chickpeas are golden and crispy, shaking baking sheet halfway through cooking time, 8–10 minutes (watch closely as broilers vary).



### 4. CHICKEN VARIATION

While **veggies** broil, 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, stirring occasionally, until cooked through 3–5 minutes.



### 5. Make vinaigrette

Remove **mint leaves** from stems. Coarsely chop leaves; discard stems. Coarsely chop **pistachios**.

In a small bowl, stir to combine **mint**, **pistachios**, **remaining chopped garlic**, 2 **teaspoons each of vinegar and oil**, and a **pinch of sugar**. Season to taste with **salt and pepper**.



### 6. Assemble bowls & serve

Spread ⅔ of the **tzatziki** across the bottom of serving bowls. Top with **couscous**, **chicken**, and **roasted chickpeas and carrots**.

Serve **chicken**, **carrots**, and **chickpeas bowl** with **remaining tzatziki** and **mint-pistachio vinaigrette** over top. Enjoy!