

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 ¹
- 15 oz can chickpeas
- 2 carrots
- ¼ oz baharat spice blend ²
- ¼ oz fresh mint
- 1 oz salted pistachios ³
- 4 oz tzatziki ^{4,3}
- 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

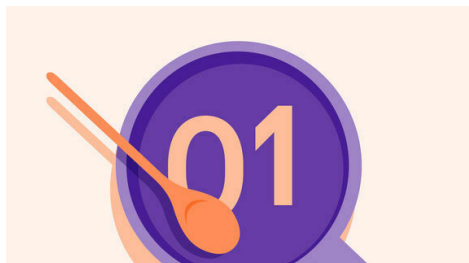
- small saucepan
- rimmed baking sheet
- medium skillet

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

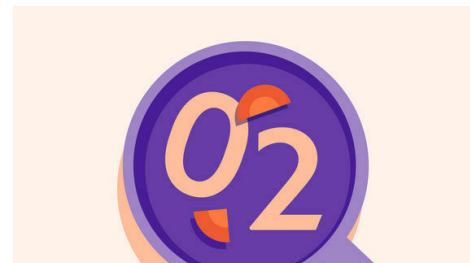
Calories 860kcal, Fat 44g, Carbs 81g, Protein 75g



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.

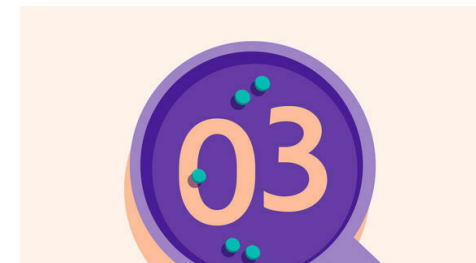


2. Prep carrots & chickpeas

Preheat broiler with a rack in the top position.

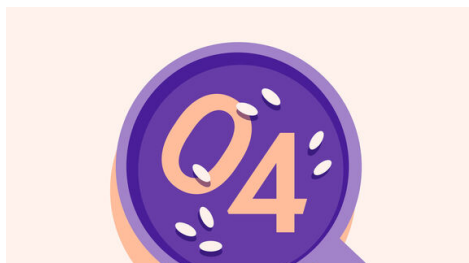
Drain and rinse **chickpeas**; pat dry with paper towels or a clean kitchen towel.

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



3. Broil carrots & chickpeas

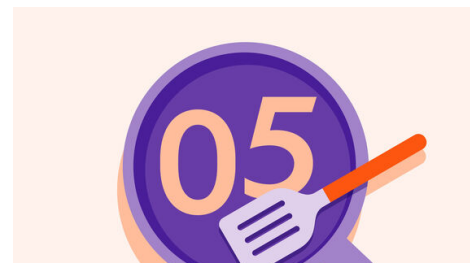
On a rimmed baking sheet, toss **carrots** and **chickpeas** with **2 tablespoons oil** and **1 tablespoon baharat seasoning**; season with **salt and pepper**. Broil on top oven rack until carrots are caramelized and chickpeas are golden and crispy, shaking baking sheet halfway through cooking time, 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**.

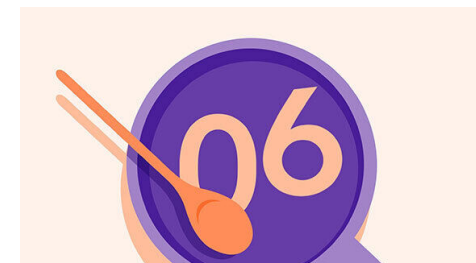
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook, stirring occasionally, until cooked through 3–5 minutes.



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!