



## Roasted Chickpeas & Red Pepper Pesto

with Veggies, Herbed Orzo & Feta



30-40min



2 Servings

We're bringing big flavor to the dinner table thanks to this vibrant Mediterranean-inspired dinner. Chickpeas roast alongside sweet bell peppers and zucchini, then get tossed in a creamy roasted red pepper pesto. Tender pilaf-style orzo is the perfect base for roasted veggies and chickpeas, and a crumble of feta cheese and fresh herbs on top make this an unforgettable vegetarian meal.



## What we send

- 15 oz can chickpeas
- 1 zucchini
- 1 bell pepper
- 4 oz roasted red pepper pesto <sup>1</sup>
- garlic
- 3 oz orzo <sup>2</sup>
- 2 oz feta <sup>1</sup>
- ¼ oz fresh parsley
- ¼ oz fresh dill

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- medium ovenproof skillet
- small saucepan

## Allergens

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

## Nutrition per serving

Calories 460kcal, Fat 24g, Carbs 64g, Protein 21g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Drain **chickpeas** and rinse well. Trim ends from **zucchini**, then quarter lengthwise and cut into 1-inch pieces. Halve **pepper**, discard stem and seeds, and cut into 1-inch pieces.



### 2. Season & roast vegetables

Combine **chickpeas**, **zucchini**, and **peppers** in a medium ovenproof skillet. Add **3 tablespoons roasted red pepper pesto**, **2 tablespoons water**, and **1 teaspoon oil**, stirring to coat. Season with **salt** and **pepper**. Roast on upper oven rack until veggies are just tender and browned in spots, 20-25 minutes. Remove from oven; stir in remaining roasted red pepper pesto.



### 3. Toast orzo

Meanwhile, finely chop **1 teaspoon garlic**. Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **orzo**, and cook, stirring occasionally, until fragrant and lightly toasted, about 2 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds.



### 4. Cook orzo

Add **1 cup water** and **¼ teaspoon salt** to saucepan with **orzo**. Bring to a boil over high heat, then cover and reduce heat to low. Cook until orzo is tender and liquid is mostly absorbed, 8-10 minutes. Remove from heat and keep covered until ready to serve.



### 5. Crumble feta & chop herbs

While **orzo** cooks, crumble **feta** into a small bowl. Finely chop **parsley leaves and tender stems** together. Finely chop **dill fronds and tender stems** together.



### 6. Finish & serve

Stir **dill** into **orzo**, then season to taste with **salt** and **pepper**. Stir **parsley** into **roasted vegetables**. Serve **chickpeas and roasted vegetables** over **orzo**, and top with **crumbled feta**. Enjoy!