



Chickpea-Cumin Pilaf with Falafel

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 grated carrots, chopped apricots, sliced scallions, peppery arugula, and nutrient-rich chickpeas. Toasting the cumin seeds makes a big difference in the flavor department, as does the lemony-tahini dressing. As for the finishing touch: crispy broiled falafel!

What we send

- 15 oz can chickpeas
- garlic
- 1 oz diced dried apricots ¹²
- 2 carrots
- 2 scallions
- 2 lemons
- ¼ oz cumin seeds
- 2 (3 oz) couscous ¹
- 5 oz arugula
- 1 oz tahini ¹¹
- ½ lb pkg falafel

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

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

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 1110kcal, Fat 51g, Carbs 156g, Protein 38g



1. Prep ingredients

Drain and rinse **chickpeas**. Finely chop **2 teaspoons garlic**. 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**. Form **falafel** into 8 (1-inch) balls, if necessary; flatten each ball into a 2-inch patty.



4. Dress veggies

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.



2. Cook pilaf

In a medium saucepan, heat **1 tablespoon oil** over medium. Add **2 teaspoons cumin seeds**; cook until fragrant, 30 seconds. Add **chickpeas, dried apricots**, and **½ of the chopped garlic**; cook until fragrant, 1-2 minutes. 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.



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**.



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

3. Broil falafel

Drizzle **oil** onto a rimmed baking sheet, then arrange **falafel** in a single layer. Drizzle more oil over falafel. Broil on center oven rack until warmed through and browned on both sides, flipping halfway through, 6-10 minutes (watch closely as broilers vary).



6. Finish & serve

Add **couscous** to bowl with **arugula** and **carrots**. Toss gently to combine. Spoon **pilaf** onto plates. Top with **falafel**. Drizzle with **tahini sauce** and garnish with **remaining scallions**. Enjoy!