

MARLEY SPOON



Roasted Chickpea & Falafel Grain Bowl

with Dill-Yogurt Dressing



30-40min



2 Servings

We love how versatile grain bowls are—you can mix and match nearly any protein and veggie combo! For this version, we top nutty grains with protein-packed falafel and roasted chickpeas, baby spinach, and crisp radishes. A dollop of dill-Greek yogurt dressing adds creaminess to each bite.

What we send

- 15 oz can chickpeas
- ¼ oz ground cumin
- 4 oz quick-cooking bulgur ¹
- 1 radish
- ¼ oz fresh dill
- 1 lime
- 4 oz Greek yogurt ²
- 5 oz baby spinach
- ½ lb pkg falafel

What you need

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

Tools

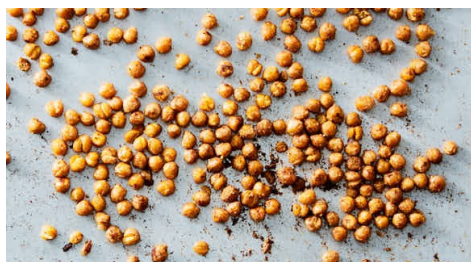
- 2 rimmed baking sheets
- small saucepan
- microplane or grater

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 34g, Carbs 105g, Protein 32g



1. Roast chickpeas

Preheat oven to 425°F with a rack in the lower third. Rinse and drain **chickpeas**; wrap in a clean kitchen towel to remove excess water. On a rimmed baking sheet, toss chickpeas with **1 tablespoon oil**, **2 teaspoons cumin**, and season with **salt** and **pepper**. Roast on lower oven rack, shaking baking sheet a few times, until chickpeas are golden and crisp, 20-25 minutes (watch closely).



4. Make dressing

Finely chop **dill fronds and tender stems**. Into a medium bowl, finely grate **1 teaspoon lime zest** and squeeze **1½ teaspoons juice**. Whisk in **remaining garlic**, **¾ cup Greek yogurt**, **1 tablespoon each of oil and water**, **2 teaspoons of the chopped dill**, and a **pinch of sugar**. Season to taste with **salt** and **pepper**.



2. Cook grains

Finely chop **1 teaspoon garlic**. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **grains** and ½ teaspoon of the chopped garlic. Cook until fragrant and grains are lightly toasted, 1-2 minutes. Add **1¼ cups water** and **¼ teaspoon salt**; bring to a boil. Reduce heat to low, cover, and cook until grains are tender and water is absorbed, 10-12 minutes.



3. Pickle radishes

Meanwhile, trim ends from **radishes**, then thinly slice. In a large bowl, combine **1 tablespoon vinegar** and a **pinch each of sugar and salt**. Add radishes and toss to combine. Let pickle until step 6. Once **grains** are cooked, fluff with a fork and spread out on a second rimmed baking sheet to cool until step 6. Wipe out saucepan and reserve.



5. Finish salad; fry falafel

To the large bowl with **radishes**, add **spinach** and **1 tablespoon oil**, and toss to combine.

Shape **falafel** into 8 (1-inch) balls, if necessary. Heat **¼-inch oil** in reserved saucepan over medium-high. Add **falafel** and cook, turning occasionally, until browned all over, about 5 minutes. Transfer to a paper towel-lined plate to drain.



6. Assemble & serve

Spoon **grains**, **roasted chickpeas**, **falafel**, and **spinach salad** into bowls. Drizzle **dressing** and sprinkle **remaining dill** on top. Enjoy!