

# DINNERLY



## Spiced Roasted Carrots & Chickpeas 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
- 1 medium bag 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>

## WHAT YOU NEED

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

## TOOLS

- small saucepan
- rimmed baking sheet

## 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

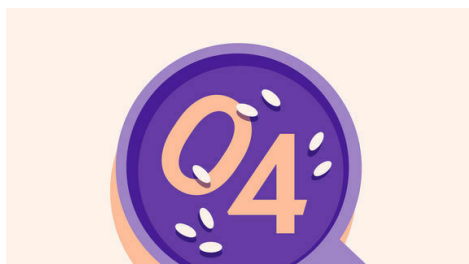
Calories 630kcal, Fat 38g, Carbs 81g, Protein 23g



### 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.



### 4. Make vinaigrette

While **veggies** broil, 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**.



### 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.

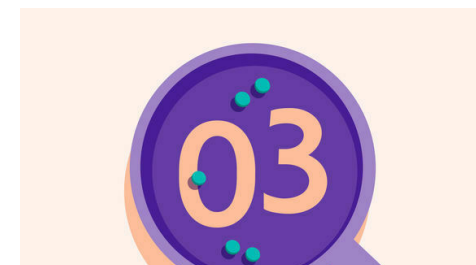
Halve **carrots** lengthwise, then cut on an angle into 2-inch pieces.



### 5. Assemble bowls & serve

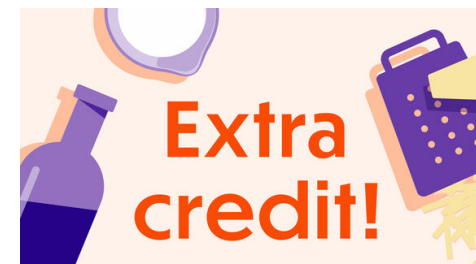
Spread ⅔ of the **tzatziki** across the bottom of serving bowls. Top with **couscous** and **roasted chickpeas and carrots**.

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



### 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).



### 6. Add some zing!

Nothing adds to a dish like a little hit of citrus. A sprinkle of lime zest or a lemon wedge to squeeze over top would compliment the mint and pistachios here!