

DINNERLY



Mediterranean Spiced Chickpea Mezze Bowl

with Hummus & Brussels Sprouts



30-40min



2 Servings

Why go searching for the best Mediterranean food in town when we all know you'll find it in your own kitchen. Your very own, personal mezze bowl —which BTW means small, savory appetizers. Plus chickpeas, not one, but TWO ways? Who could say no to that? We've got you covered!

WHAT WE SEND

- 3 oz couscous ¹
- ½ lb Brussels sprouts
- 15 oz can chickpeas
- 2 plum tomatoes
- ¼ oz baharat spice blend ¹¹
- 4 oz hummus ¹¹

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- white wine vinegar (or red wine vinegar) ¹⁷
- sugar

TOOLS

- small saucepan
- rimmed baking sheet

ALLERGENS

Wheat (1), Sesame (11), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 820kcal, Fat 57g, Carbs 88g,
Protein 26g



1. Cook couscous & prep

Preheat broiler with a rack in the upper third.

In a small saucepan, bring ½ cup water and a pinch of salt to a boil over high heat. Stir in **couscous**; cover and remove from heat. Set aside until step 5.

Meanwhile, finely chop 1 **teaspoon garlic**. Trim ends from **Brussels sprouts**; remove any tough outer leaves if necessary, then halve (or quarter if large).



4. Finish & serve

Fluff **couscous** with a fork; divide between serving bowls. Dollop **hummus** over top and create a well in the center. Add **crispy chickpeas** to well and drizzle with **oil**.

Serve **Mediterranean mezze bowls** topped with **Brussels sprouts** and **tomato vinaigrette** spooned over top. Enjoy!



2. Prep chickpeas & tomatoes

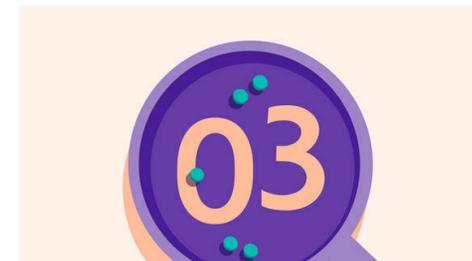
Drain **chickpeas**. Transfer the chickpeas to a paper towel-lined plate and pat very dry.

Coarsely chop **tomatoes**. In a small bowl, stir to combine **tomatoes**, 2 **tablespoons oil**, 1 **tablespoon vinegar**, and a **pinch of sugar**. Season to taste with **salt** and **pepper**; set aside for serving.



5. ...

What were you expecting, more steps?



3. Roast veggies

On a rimmed baking sheet, toss **Brussels sprouts** with **garlic** and 1 **tablespoon oil**; season with **salt** and **pepper**; push to one side of sheet.

On open side, toss **chickpeas** with 2 **teaspoons oil** and **all of the baharat**; season with **salt** and **pepper**. Bake on upper oven rack until Brussels sprouts are browned in spots and chickpeas are crispy, about 10 minutes.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!