



Roasted Chickpeas & Artichoke Pesto

with Veggies, Herbed Orzo & Feta



30-40min



2 Servings

We summon lots of our favorite flavors in this vegetarian dinner. Chickpeas roast alongside sweet bell peppers and zucchini, then get tossed in a creamy artichoke pesto. The mixture is served over tender orzo and finished with briny feta cheese and fresh dill.

What we send

- 1 can chickpeas
- 1 zucchini
- 1 bell pepper
- 4 oz artichoke pesto ⁷
- garlic (use 1 large clove)
- 3 oz orzo ¹
- 1 piece feta cheese ⁷
- ¼ oz fresh parsley
- ¼ oz fresh dill

What you need

- olive oil
- kosher salt & pepper

Tools

- medium ovenproof skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 34g, Carbs 73g, Proteins 25g



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, then cut into 1-inch pieces.



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, 18-20 minutes. Remove from heat and keep covered until ready to serve.



2. Season & roast vegetables

Combine **chickpeas**, **zucchini**, and **peppers** in a medium ovenproof skillet. Add **3 tablespoons artichoke 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 artichoke pesto.



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.



3. Toast orzo

Meanwhile, peel and 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 until fragrant, about 30 seconds.



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!