



Crispy Couscous & Carrots

with Honey-Tahini Dressing



30-40min



2 Servings

We channeled our favorite Moroccan flavors into a crispy couscous and chickpea dish with a warm cumin-flavored carrot salad. Crunchy almonds and fresh parsley leaves mixed in with the tender carrots add delightful texture. A creamy dressing made with tahini, honey, and a little lemon juice gets drizzled on top for a slightly sweet finish. Cook, relax, and enjoy!

What we send

- can chickpeas
- carrots
- shallot
- lemon
- ground cumin
- fresh parsley
- honey

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- nonstick skillet

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

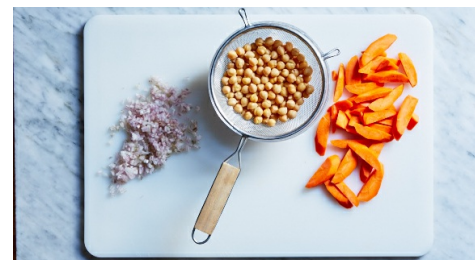
Nutrition per serving

Energy 810.0kcal, Fat 34.5g, Proteins 25.4g, Carbs 88.3g



1. Steam couscous

Bring water to a boil in a tea kettle or on the stove. Place **couscous** in a medium bowl and add $\frac{3}{4}$ cup **boiling water**. Cover tightly with plastic wrap. Keep covered until couscous is tender and water is absorbed, about 10 minutes.



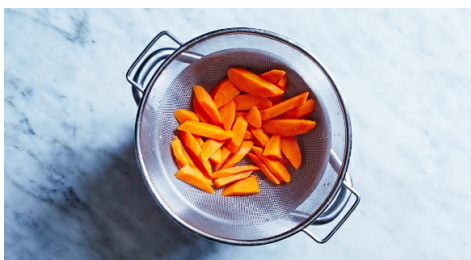
2. Prep ingredients

Bring a medium pot of salted water to a boil. Peel and trim end from **carrot**. Halve carrot lengthwise and quarter thick parts. Cut into $\frac{1}{2}$ -inch thick slices on a diagonal. Halve, peel, and finely chop **shallot**. Rinse and drain **chickpeas**.



3. Crisp couscous

Heat 1 tablespoon **oil** in a medium nonstick skillet over medium-high. Add shallot and cook, stirring, until golden, 2-3 minutes. Add **chickpeas** and **couscous**, season with $\frac{1}{2}$ teaspoon **salt**, and spread in an even layer, pressing down with a spoon to flatten. Cook, tossing occasionally, pressing back into an even layer, until golden and crispy, 10-12 minutes.



4. Cook carrots

Meanwhile, add **carrots** to boiling water and cook until tender, 4-6 minutes. Drain.



5. Make carrot salad

Cut **lemon** into 4 wedges. In a medium bowl, combine **cooked carrots**, **cumin**, **juice from 1 lemon wedge**, and 1 tablespoon **oil**. Coarsely chop **almonds** and pick **parsley leaves** from stems. Add almonds and parsley leaves to carrots. Season to taste with **salt** and **pepper** and stir to combine.



6. Make honey-tahini dressing

In a small bowl, whisk **tahini** with 1 tablespoon **oil**, **honey**, and **juice from 2 lemon wedges**. Whisk in 2-3 tablespoons **water**, if needed, until thin enough to drizzle and season with **salt** and **pepper**. Divide **couscous** between plates and top with **carrot salad**. Drizzle with **tahini-honey dressing**. Use **remaining lemon wedge** for squeezing over, if desired. Enjoy!