



Chickpea-Cumin Pilaf

with Carrot Salad & Garlicky Tahini



20-30min



2 Servings

We jazzed up pilaf with quick-cooking couscous, which makes this dish light as a feather, but still very filling. It's a feast for the eyes and appetite thanks to grated carrots, sliced scallions, chopped apricots, peppery arugula, and nutrient-rich chickpeas. Toasting the cumin seeds makes a big difference in the flavor department, as does the lemony-tahini dressing. Save leftovers for a perfe...

What we send

- carrots
- canned chickpeas
- scallions
- baby arugula
- garlic
- whole cumin seeds
- lemons

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- box grater
- colander
- medium 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

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

Nutrition per serving

Calories 1190.0kcal, Fat 54.0g, Proteins 32.0g, Carbs 147.0g



1. Prep ingredients

Drain and rinse **chickpeas**. Peel and finely chop **2 teaspoons garlic**. Chop **apricots**. Scrub **carrots**, then coarsely grate on the large holes of a box grater. Trim ends from **scallions**, then thinly slice. Squeeze **¼ cup lemon juice**.



4. Season carrots

Meanwhile, in a large bowl, whisk **3 tablespoons of the lemon juice** with **1 teaspoon sugar** and **¼ teaspoon each salt and pepper**. Whisk in **3 tablespoons oil**. Add **carrots, arugula, and half of the scallions**. Toss gently to coat.



2. Bloom aromatics

In a medium saucepan, heat **1 tablespoon oil** over medium. Add **2 teaspoons of the cumin seeds** and cook until fragrant, about 30 seconds. Add **chickpeas, apricots, and half of the chopped garlic**; cook until garlic is softened, about 2 minutes.



5. Make tahini sauce

On a cutting board top **remaining chopped garlic** with a **generous pinch salt**. Use the side of a knife to mash into a paste, and transfer to a medium bowl. Add **tahini** and **remaining lemon juice**; whisk to combine (mixture will thicken up). Whisk in **2 tablespoons each water and oil** until **tahini sauce** is a creamy consistency. Season to taste with **salt and pepper**.



3. Cook couscous

To the saucepan with **chickpeas**, add **1 cup water** and **1 teaspoon salt**. Bring to a boil. Add **couscous**, cover, and remove from heat. Let stand for 5 minutes. Remove lid and fluff with a fork.



6. Finish & serve

Add **couscous** to bowl with **arugula** and **carrots**. Toss gently to combine. Spoon onto plates. Drizzle with **tahini sauce** and garnish with **remaining scallions**. Enjoy!