



## Kamut and Roasted Vegetables

with Pepitas



20-30min



4 Servings

This colorful salad is made with kamut, which is a protein-rich ancient grain that cooks in just 10 minutes. Tossed with roasted vegetables and a lemony dressing, it's the perfect combo of slightly sweet and richly savory. And since texture is just as important as taste, we threw in toasted pepitas to do what they do best: crunch! Cook, relax, and enjoy!



## What we send

- shallot
- baby arugula
- carrots
- lemon
- jar whole grain mustard
- pepitas
- cubed butternut squash
- white balsamic vinegar
- coriander seeds

## What you need

- coarse salt
- freshly ground pepper
- olive oil

## Tools

- rimmed baking sheet
- small saucepan
- small 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.

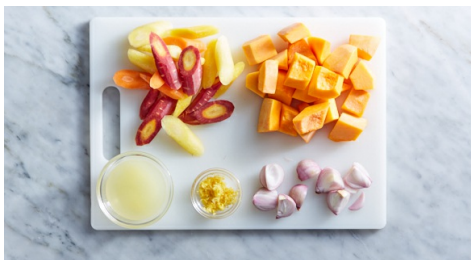
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

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

## Nutrition per serving

Calories 596.0kcal, Fat 23.4g, Proteins 16.8g, Carbs 84.6g



### 1. Prep ingredients

Preheat oven to 425°F. Peel **carrots** and slice on the bias ½-inch thick. Cut **butternut squash** into ¾-inch pieces. Trim ends from **shallot** then quarter lengthwise and peel. Zest and juice the **lemon**.



### 4. Cook kamut

Meanwhile, bring a small saucepan of **salted water** to a boil. Add **kamut** and cook until tender, about 10 minutes. Drain.



### 2. Toast seeds

Place **1 tablespoon coriander seeds** in a small, dry skillet (save rest for own use). Cook over medium, gently shaking until toasted, about 5 minutes. Transfer to a cutting board and crush with the bottom of a sturdy cup or saucepan. Add **pepitas** to skillet and cook, gently shaking pan until popped and golden, 1-2 minutes. Transfer to a plate.



### 5. Make dressing

In a large bowl, whisk together **lemon juice, vinegar, mustard, 1½ teaspoon lemon zest, remaining coriander seeds, ½ teaspoon salt, and ¼ cup oil**.



### 3. Roast vegetables

On a rimmed baking sheet, combine **carrots, squash, shallots, 2 teaspoons crushed coriander seeds, and 1 tablespoon oil**. Season with **½ teaspoon salt and several grinds pepper**, toss, and spread out in a single layer. Roast in oven until golden and tender, 20-25 minutes, flipping halfway.



### 6. Make salad

Add **kamut, roasted vegetables, and arugula to dressing**. Gently toss, then transfer to plates and garnish with **pepitas**. Enjoy!