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## Mixed Grain Pilaf

with Almond-Parsley Pesto



20-30min



2 Servings

This pilaf is a celebration of Autumn's best textures and flavors. Chewy-tender grains, sweet Medjool dates and tart pomegranate seeds sit on top of a tangy, creamy yogurt dressing. Garnished with a simple pesto of crunchy almonds, parsley, and lemon, dinner is served! Cook, relax, and enjoy!

## What we send

- carrot
- red onion
- fresh parsley
- medjool dates
- lemon
- pomegranate seeds

## What you need

- coarse salt
- freshly ground black pepper
- olive oil

## Tools

- medium 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 645.0kcal, Fat 28.3g, Proteins 14.5g, Carbs 76.7g



### 1. Prep ingredients

Peel, trim, and chop carrot. Peel and finely chop onion. Pick parsley leaves from stems and finely chop leaves. Pit and slice dates. Zest lemon. Juice half of the lemon and cut the other half into wedges.



### 4. Make yogurt

In a small bowl, whisk yogurt, 1 tablespoon lemon juice, 1 tablespoon olive oil, remaining lemon zest, and a few grinds pepper.



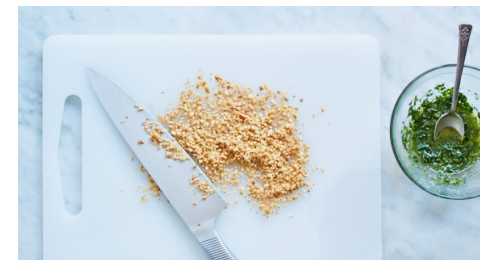
### 2. Sauté aromatics

Heat 1 tablespoon oil in a medium saucepan over medium-high. Add carrot and onion and cook, stirring, until golden brown, 4-6 minutes. Add grains and toast, stirring, 1 minute. Add  $\frac{3}{4}$  cup water and  $\frac{1}{4}$  teaspoon salt and bring to a boil. Reduce heat to low, cover, and simmer until tender and water is absorbed, 10-12 minutes.



### 5. Finish pilaf

Fluff grains with a fork and season with salt and pepper. Add dates and stir to combine.



### 3. Make pesto

Heat 1 teaspoon oil in a small skillet over medium. Add almonds and cook, stirring, until lightly browned, 4-5 minutes. Transfer to a cutting board and let cool. Finely chop almonds and combine in a small bowl with parsley, half of the lemon zest, and 2 tablespoons oil. Season with salt and pepper.



### 6. Assemble and serve

Spread  $\frac{3}{4}$  of the yogurt sauce on a platter and top with pilaf, pesto, and pomegranate seeds. Serve remaining yogurt sauce on the side with lemon wedges for squeezing over if desired. Enjoy!