

## Harissa-Roasted Chickpea Bowls with Couscous, Creamy Avocado Dressing and Cilantro

Serves 4, 10 min prep, 40 min bake

### Ingredients:

12oz Carrots  
30 oz Chickpeas  
2 Red Onions  
2 Lemons  
2 TBSP Harissa Powder (  
½ c. Guacamole  
4 TBSP Sour Cream  
1 c. Couscous  
2 TBSP Veggie Stock Concentrate  
Cilantro for garnishment

### Instructions:

1. Adjust rack to top position and preheat oven to 425 degrees. Wash and dry all produce. • Halve, peel, and cut onion into ½-inchthick wedges; mince a few wedges until you have 2 TBSP. Chop carrots into diagonal ¾ inch cuts, peel and mince or grate garlic. Drain and rinse chickpeas; pat very dry with paper towels. Roughly chop cilantro. Zest and quarter lemon. • 4 SERVINGS: Adjust racks to top and middle positions. Mince a few onion wedges until you have 4 TBSP.
2. Toss onion wedges, carrots and chickpeas on a baking sheet with a large drizzle of olive oil, 1 TBSP Harissa powder, pepper, and a few pinches of salt. • Roast on top rack, tossing halfway through, until veggies are tender and lightly charred and chickpeas are crispy, 18-20 minutes. • 4 SERVINGS: Divide everything between 2 baking sheets; roast on top and middle racks, tossing veggies and swapping rack positions halfway through roasting. • TIP: It's natural for chickpeas to pop a bit.
3. While veggies and chickpeas roast, melt 2 TBSP butter in small pot on medium-high heat, add chopped onion with salt and pepper. Cook, stirring until softened, 3-4 minutes. Add couscous: cook stirring until toasted, 1-2 minutes. Stir in 1 ½ cups water, stock concentrate ad big pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes. Keep covered off heat until ready to serve.
4. Make the sauce! in a small bowl, combine sour cream and guacamole, 2 TBSP, Season with salt and pepper and squeeze in lemon juice to create a drizzling consistency.
5. Fluff rice with a fork; stir in 1 TBSP butter and half the cilantro. Season with salt and pepper. • Once veggies and chickpeas are done, remove from oven and toss with lemon zest.
6. Divide chickpeas into bowls, Top with veggies and couscous. Drizzle with creamy avocado dressing and top with cilantro, serve with remaining lemon wedges on the side.
7. Enjoy!