



SPICY HARISSA BARLEY BOWLS

with Zucchini, Golden Raisins, Spicy Herb Sauce & Lemon Yogurt

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Pearled Barley
Contains: Wheat



1 | 2
Zucchini



1 | 2
Bell Pepper*



1 | 2
Red Onion



¼ oz | ½ oz
Cilantro



1 | 2
Lemon



1 TBSP | 1 TBSP
Harissa Powder



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



1 tsp | 2 tsp
Garlic Powder



1 tsp | 1 tsp
Chili Flakes



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



2 | 4
Veggie Stock
Concentrates



1 oz | 2 oz
Golden Raisins



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 870



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1030



PREP: 15 MIN | COOK: 45 MIN | CALORIES: 680



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SPICY HERB SAUCE

Made with cilantro, lemon juice, garlic, and chili flakes for bright, aromatic, and earthy flavors

HEAT INDEX

Not a fan of spicy food? Love the heat? Add as much or as little harissa powder as you like. After all, you're the chef!

BUST OUT

- Small pot
- Zester
- Baking sheet
- 2 Small bowls
- Small pan
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)
- Olive oil (1½ TBSP | 3 TBSP)

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*Chicken is fully cooked when internal temperature reaches 165°.

*Salmon is fully cooked when internal temperature reaches 145°.



1 COOK BARLEY

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees.
- In a small pot, combine **barley**, **2½ cups water (4 cups for 4)**, and a **big pinch of salt**. Bring to a boil, then reduce to a simmer and cover. Cook until barley is tender and water has absorbed, 25-30 minutes.
- Keep covered off heat until ready to use in step 6. **TIP: If you end up with any excess water, simply pour it out. Alternatively, if water evaporates before barley is done, add a splash of water.**



4 MIX YOGURT & SAUCE

- In a small bowl, combine **yogurt** and a **big pinch of lemon zest**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.
- In a separate small bowl, combine **cilantro**, **1½ TBSP olive oil**, **¼ tsp garlic powder (you'll use the rest later)**, a **squeeze of lemon juice**, and a **pinch of chili flakes** to taste (**use 3 TBSP olive oil and ½ tsp garlic powder for 4 servings**). Season with **salt** and **pepper**.



2 PREP

- **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. Halve, core, and thinly slice **bell pepper**. Halve, peel, and thinly slice **onion**. Zest and quarter **lemon**. Pick **cilantro** leaves from stems; finely chop leaves.



5 TOAST ALMONDS

- Heat a small, dry pan over medium-high heat. Add **almonds** and cook, stirring occasionally, until golden and fragrant, 2-3 minutes. Remove pan from heat.



3 ROAST VEGGIES

- Toss **zucchini**, **bell pepper**, and **onion** on a baking sheet with a **drizzle of oil**, **½ tsp harissa powder (1 tsp for 4 servings)**, **salt**, and **pepper**. (**Be sure to measure the harissa powder—we sent more! Use less if you prefer less heat.**)
- Roast on top rack until veggies are tender and browned, 15-18 minutes. (**For 4, divide between 2 baking sheets; roast on top and middle racks.**)

- Pat **chicken*** or **salmon*** dry with paper towels; season with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Cook chicken until browned and cooked through, 3-5 minutes per side, or cook salmon (**skin sides down**) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board.



6 FINISH & SERVE

- Fluff **barley** with a fork. Stir in **stock concentrates**, **raisins**, **remaining garlic powder**, a **squeeze of lemon juice**, and as much **remaining lemon zest** as you like. Season with **salt** and **pepper**.
- Stir **half the veggies** into pot with barley.
- Divide barley between bowls; top with remaining veggies, **feta**, and **almonds**. Drizzle with **yogurt** and **herb sauce**. Serve with any **remaining lemon wedges** and **remaining chili flakes** on the side.

- Slice **chicken** crosswise; serve chicken or **salmon** atop bowls.

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