



Moroccan Harissa Grain Bowl

Sponsor: SupHerb Farms®

Servings: 25

Recipe courtesy Chef Michael Boyer, Nordstrom Restaurant Group

Ingredients:

- 4 c. Kamut berries
- 4 c. lentils
- 2 c. extra-virgin olive oil, divided
- 1 c. finely chopped Italian parsley
- 2 ea. lemon, zested and juiced
- ¼ c. minced garlic
- 1 tsp. Aleppo pepper flakes
- 2 c. [SupHerb Farms Moroccan Harissa](#), divided
- ¼ c. white distilled vinegar
- 56 oz. canned tomato sauce
- 1 c. oven-roasted cherry tomatoes

- 3 lb. baby carrots
- 1/2 c. honey
- 2 ½ tsp. kosher salt
- ½ tsp. freshly ground pepper
- ¼ c finely chopped cilantro
- 4 c hummus
- As needed crispy fried shallots

Directions:

1. Soak the Kamut berries in water overnight. Drain and rinse berries.
2. Place the Kamut berries and 3 c. lightly salted water in a pot and bring to a boil. Cover and reduce heat to low. Simmer until soft, about 30 minutes. Drain off excess water.
3. Rinse the lentils and place them in a pot with 3 qt lightly salted water. Cover and bring to a boil. Let boil for 2 to 3 minutes, then reduce heat to low and simmer until tender, about 25 minutes. Drain off excess water.
4. In large bowl, combine the cooked Kamut, lentils, 1 c of the oil, the parsley, lemon zest and lemon juice. Toss to coat the grains.
5. In a sauté pan, add 1/2 c. of the oil, the garlic and Aleppo pepper flakes and cook over medium heat until fragrant, about 2 minutes.
6. Add 1 c of the *Moroccan Harissa* and cook for 1 minute, then deglaze with the vinegar.
7. Add the tomato sauce and tomatoes. Cook until heated through. Season with salt and pepper.
8. Place the carrots in a large bowl. Whisk together the remaining ½ c. oil, 1 c. *Moroccan Harissa*, honey and season with salt and pepper. Pour over the carrots, then toss to coat.
9. Transfer the carrots to a parchment-lined sheet tray and roast in a 400°F oven for about 15 minutes, until tender and golden brown. Remove from the oven, then evenly distribute the chopped cilantro over the carrots.
10. To plate, spread some hummus along the interior rim of a large bowl.
11. Transfer 1 c. grains to the bowl.
12. Spoon ¼ c. tomato sauce over the grains.
13. Place some of the roasted carrots in the center.
14. Evenly distribute some crispy fried onions over all the ingredients.

Much of my cooking is inspired by my grandfather. He grew up during the great depression and his cooking style and appreciation for food, however simple, was reflected in every meal. My cooking has emulated that in the sense that I utilize the ingredients that I have access to in the moment. Today, I began reviewing the ingredients in my dry pantry, knowing that the dish would need to reflect middle eastern flavors and traditional recipes to highlight the depth of flavor in the Moroccan Harissa. I began with Bob's Red Mill Kamut Berries and Lentils. Ironically on the back of the package of Kamut was a recipe for Kushari, a popular dish sold by street vendors in Cairo. We've had great success at Nordstrom, with innovating grain bowls with a wide variety of flavor profiles. This dish is incredibly flexible. You can prepare any of your favorite protein options. Chicken or shrimp would pair great. If you wanted to keep it vegetarian, Za'atar roasted eggplant would be another great addition. Enjoy!



