



Cooking Made Easy

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## Caramelized Veggie Skewers

with Summer Corn Relish and Herby Couscous



Skewers are made for summer—they're easy, transportable, and perfect for the grill! These veggie skewers are loaded up with mushrooms, zucchini, and bell peppers, then popped under the broiler for major caramelization. A side of tangy corn relish is the perfect accompaniment!

45 min

level 2

veggie

nut free



Corn



White Wine Vinegar



Sir Kensington's  
Dijon Mustard



Basil



Orange Bell Pepper



Zucchini



Red Onion



Button Mushrooms



Tomato



Garlic



Feta



Couscous



Parsley



Wooden Skewers

Ingredients	2 People	4 People
Corn	1	2
White Wine Vinegar	1 T + 1 t	2 T + 2 t
<b>Sir Kensington's</b> Dijon Mustard	2 t	4 t
Basil	1 bunch	2 bunches
Orange Bell Pepper	1	2
Zucchini	1	2
Red Onion	1	2
Button Mushrooms	4 oz	8 oz
Tomato	1	2
Garlic	2 cloves	4 cloves
Feta	1) 1 oz	2 oz
Couscous	2) ½ cup	1 cup
Parsley	1 bunch	2 bunches
Wooden Skewers	6	12
Olive Oil*	2 ½ T	5 T

\*Not Included

### Allergens

- 1) Milk
- 2) Wheat

### Tools

Shallow Dish, Small Bowl,  
Baking Sheet, Small Pot,  
Large Pan

Ruler

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**Nutrition per person** Calories: 530 cal | Carbs: 71 g | Fat: 22 g | Protein: 16 g | Fiber: 9 g



**1 Prep the ingredients:** preheat oven to 400 degrees. Soak the **wooden skewers** in a shallow dish filled with water. Core, seed, and finely dice the **tomato**. Cut the **corn kernels** off the cob. Core, seed, and remove the white ribs from the **bell pepper**, then cut into 1-inch cubes. Quarter the **zucchini** lengthwise, then cut into 1-inch pieces. Halve the **mushrooms**. Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Thinly slice the **basil**. Chop the **parsley**.



**2 Make the marinade:** in a small bowl, combine the **garlic**, 1 tablespoon **olive oil**, ½ tablespoon **white wine vinegar**, and 1 teaspoon **Sir Kensington's Dijon Mustard**. Season with **salt** and **pepper**.

**3 Assemble the skewers:** thread the **mushrooms, zucchini, and bell pepper**, onto **skewers**. Brush or drizzle with the marinade. Season with **salt** and **pepper**. Place on a baking sheet and bake for 20-25 minutes, until slightly caramelized.



**4** Meanwhile, **cook the couscous:** in a small pot, bring 1 cup water and a pinch of **salt** to a boil. Once boiling, add the **couscous**, cover, and remove from heat until the rest of the meal is ready.



**5 Make the summer corn relish:** Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **onion** to the pan and cook, tossing, 4-5 minutes, until softened. Season with **salt** and **pepper**. Add the **tomato** and **corn** to the pan and cook another 4 minutes, until the tomato cooks down. Stir 1 tablespoon **white wine vinegar** and 1 teaspoon **Sir Kensington's Dijon Mustard** into the corn mixture. Once slightly cooled, stir in the **feta** and half the **basil**. Season with **salt** and **pepper**.

**6** Fluff the **couscous** with a fork and stir in the **parsley, remaining basil**, and ½ tablespoon **olive oil**. Season with **salt** and **pepper**.

**7** Plate the **couscous**, then top with the **summer corn relish** and **veggie skewers**. Enjoy!