



VEGAN MAPLE CARROT POWER BOWLS

with Turmeric-Toasted Couscous & Lemony Hummus

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Kale



12 oz | 24 oz
Carrots



1 | 1
Lemon



1 tsp | 2 tsp
Garlic Powder



5 oz | 7.5 oz
Israeli Couscous
Contains: Wheat



1 tsp | 1 tsp
Turmeric



1 | 2
Veggie Stock
Concentrate



1 TBSP | 1 TBSP
Harissa Powder



2 TBSP | 2 TBSP
Maple Syrup



½ Cup | 1 Cup
Hummus
Contains: Sesame



1 oz | 2 oz
Dried Cranberries



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



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THERE TOO. SCAN HERE TO GET HELP!



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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: 1050



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1220



PREP: 15 MIN | COOK: 30 MIN | CALORIES: 870



HELLO



HALL OF FAME



Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

CRISPY BUSINESS

You've had raw and sautéed kale, but have you ever tried it roasted? This technique helps the leaves develop deliciously crisp edges that add depth of flavor to the whole dish.

BUST OUT

- Peeler
- Large pan
- Baking sheet
- Small bowl
- Small pot
- Paper towels  

- Kosher salt
- Black pepper
- Olive oil (2 TBSP | 3 TBSP)
- Cooking oil (1 TBSP | 1 TBSP)  

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1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 350 degrees. Wash and dry produce (be sure to dry the kale thoroughly so it crisps up in the oven!).
- Remove and discard any large stems from kale. Trim, peel, and cut carrots on a diagonal into ¼-inch-thick pieces. Quarter lemon.



2 ROAST KALE

- Toss kale on a baking sheet with a large drizzle of olive oil, garlic powder, salt, and pepper. TIP: For easy cleanup, line baking sheet with aluminum foil first.
- Roast on top rack until browned and crisp, 13-15 minutes. (For 4 servings, divide kale between 2 sheets. Roast on top and middle racks, switching rack positions halfway through.)

-  While kale roasts, pat chicken* or salmon* dry with paper towels; season all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken or salmon (skin sides down); cook chicken until cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Turn off heat; transfer to a cutting board. Wipe out pan.



4 COOK CARROTS

- Heat a large drizzle of oil in a large pan over medium-high heat. Add carrots, ¼ tsp harissa powder (½ tsp for 4 servings), salt, and pepper. (TIP: If you prefer a milder flavor, use less harissa powder.) Cook, stirring occasionally, until just softened, 5-8 minutes.
- Add half the maple syrup (all for 4) and 2 TBSP water (4 TBSP for 4); cook, stirring occasionally, until carrots are lightly browned and tender, 3-5 minutes. Remove pan from heat.

-  Use pan used for chicken or salmon here.



3 COOK COUSCOUS

- Heat a drizzle of oil in a small pot over medium-high heat. Add couscous and ¼ tsp turmeric (½ tsp for 4 servings). Cook, stirring occasionally, until fragrant and toasted, 1-2 minutes.
- Add stock concentrate, 1½ cups water (2¼ cups for 4), and a big pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until liquid has absorbed and couscous is tender, 6-8 minutes. Drain any excess liquid if necessary; keep covered until ready to serve.



5 MIX HUMMUS


- Meanwhile, in a small bowl, combine hummus, juice from one lemon wedge, 1 TBSP olive oil, and 1 TBSP water. (For 4 servings, use a medium bowl, juice from two lemon wedges, 2 TBSP olive oil, and 2 TBSP water). Season with salt and pepper.




6 FINISH & SERVE

- Fluff couscous with a fork; stir in a drizzle of olive oil. Taste and season with salt and pepper if desired.
- Divide couscous between bowls. Top with kale, carrots, hummus, cranberries, and walnuts. Serve with remaining lemon wedges on the side.

-  Slice chicken crosswise (skip slicing salmon!); serve atop bowls.

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

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