



# Sweet Kale & Chickpea Couscous Bowls

with Dried Apricots, Almonds & Pepper Jam Vinaigrette

New & Improved 30-40 Minutes · Calories: 940 · Protein: 29 g



## Ingredients



Kale



Chickpeas



Garlic Powder



Dried Apricots



Red Pepper Jam



Red Wine Vinegar



Veggie Stock Concentrates



Grape Tomatoes



Sliced Almonds



Israeli Couscous

## Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



## Hello

### Red Pepper Jam

Tangy, sweet, and just a little savory, this delectable spread stars in a flavorful dressing.

## Before you start

### Zip-Zip Hooray

To quickly prep kale, hold the stem end with one hand, then pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

## Cooking tools

strainer, large bowl, aluminum foil, baking sheet, small pot, whisk

## Pantry ingredients

kosher salt, black pepper, cooking oil, olive oil

## Nutrition

Nutrients	per serving
Calories:	940
Total Fat:	25g
Saturated Fat:	2.5g
Sodium:	1040mg
Total Carbohydrate:	146g
Dietary Fiber:	14g
Total Sugars:	13g
Protein:	29g

## Allergens

sliced almonds (contains: tree nuts), israeli couscous (contains: wheat)

## Cook for YOUR Crowd

Our recipes are customizable!

**Double Protein/Veggies?** Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

**Making 3 Servings?** Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

**Making 6 Servings?** Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.



### 1 Start Prep

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Remove and discard any large stems from **kale**. Drain and rinse **chickpeas**.



### 2 Roast Kale & Chickpeas

- Place **kale** and **chickpeas** in a large bowl. Toss with **garlic powder**, **half the stock concentrates**, a **large drizzle of oil**, and a **pinch of salt and pepper**.
- Spread kale and chickpeas out in a single layer on a foil-lined baking sheet. Roast on top rack until slightly crispy, stirring halfway through, 18-22 minutes. (**For 4 servings, divide kale and chickpeas between two baking sheets and roast on top and middle racks, swapping rack positions halfway through.**) Wipe out bowl.



### 3 Cook Couscous

- Meanwhile, in a small pot (**medium pot for 4 servings**), combine **couscous**, **remaining stock concentrate**, and **2 cups water (4 cups for 4)**. 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 Finish Prep & Mix Dressing

- While couscous cooks, halve **tomatoes**.
- In bowl used for kale and chickpeas, whisk together **jam**, **half the vinegar (all for 4 servings)**, **1 TBSP olive oil (2 TBSP for 4)**, and a **pinch of salt and pepper** until thoroughly combined.



### 5 Toss Veggies & Couscous

- To bowl with **dressing**, add **tomatoes** and **apricots**. Toss to combine.
- Transfer **roasted kale and chickpeas** and **cooked couscous** to bowl. Toss to combine; season with **salt** and **pepper** to taste.



### 6 Serve

- Divide **kale and chickpea couscous** between bowls and top with **almonds**. Serve.



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to [hellofresh.com/about/faq](https://hellofresh.com/about/faq) for safe cooking guidelines.

## How was your meal?

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