



CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini and Heirloom Grape Tomatoes



HELLO CRISPY CHICKPEAS

Roasted in the oven for a satisfying crunch

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 530**



Zucchini



Thyme



Garlic



Chickpeas



Israeli Couscous
(Contains: Wheat)



Feta Cheese
(Contains: Milk)



Heirloom Grape Tomatoes



Scallions



Lemon



Smoked Paprika



Veggie Stock Concentrate

START STRONG

To strip thyme leaves from their stems, start by pinching them at their tips. Next, pull down, going against the direction that the leaves grow in—they should pop right off!

BUST OUT

- 2 Baking sheets
- Strainer
- Medium pot
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|----------------------------|---------------------|
| • Zucchini | 1 2 |
| • Heirloom Grape Tomatoes | 4 oz 8 oz |
| • Thyme | ¼ oz ¼ oz |
| • Scallions | 2 4 |
| • Garlic | 2 Cloves 4 Cloves |
| • Lemon | 1 1 |
| • Chickpeas | 6.7 oz 13.4 oz |
| • Smoked Paprika | 1 tsp 2 tsp |
| • Israeli Couscous | ¾ Cup 1½ Cups |
| • Veggie Stock Concentrate | 1 2 |
| • Feta Cheese | ½ Cup 1 Cup |

WINE CLUB

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust racks to middle and upper position and preheat oven to 425 degrees. Trim zucchini, then cut into ½-inch cubes. Halve tomatoes. Strip thyme leaves from stems. Trim, then thinly slice scallions, keeping greens and whites separate. Mince garlic. Halve lemon.



4 TOAST COUSCOUS

Heat 1 TBSP butter, garlic, and scallion whites in a medium pot over medium-high heat. Once butter is melted and garlic is fragrant, add couscous and remaining thyme leaves. Toss to coat. Season with salt and pepper. Cook, tossing, until couscous is lightly toasted, 2-3 minutes.



2 ROAST VEGGIES

Toss zucchini, tomatoes, and half of the thyme leaves on a baking sheet with a drizzle of olive oil. Season with salt and pepper. Roast in oven on middle rack until tender, about 20 minutes, tossing halfway through.



5 SIMMER COUSCOUS

Stir stock concentrate and 1½ cups water into pot. Bring to a boil, then lower heat and reduce to a simmer. Cook until couscous is al dente, 10-12 minutes.



3 ROAST CHICKPEAS

Meanwhile, drain and rinse half the chickpeas from the box (use the rest as you like). On another baking sheet, toss chickpeas, paprika, a drizzle of olive oil, and a pinch of salt and pepper. Roast in oven on upper rack until crisp, about 20 minutes, tossing halfway. TIP: The chickpeas may pop—it's natural.



6 FINISH AND PLATE

Add half the veggies, half the feta cheese, and a squeeze of lemon to pot with couscous and toss to combine. Season with salt and pepper. Divide couscous mixture between plates, then top with chickpeas and remaining veggies. Sprinkle with scallion greens and remaining feta cheese.

CHICKA BOOM!

Make more crispy chickpeas with the extras and eat 'em as a snack.

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