



CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini and Heirloom Grape Tomatoes



HELLO

ISRAELI COUSCOUS

This tiny toasted pasta (also known as pearly couscous) lends a nutty taste and unrivaled texture.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 600



Zucchini



Thyme



Lemon



Smoked Paprika



Veggie Stock Concentrate



Heirloom Grape Tomatoes



Garlic



Chickpeas



Israeli Couscous
(Contains: Wheat)



Feta Cheese
(Contains: Milk)

START STRONG

To prep your thyme in no time, pinch the stem near the top with one hand, then pull down with your other hand against the direction the leaves grow in. The leaves should pop right off!

BUST OUT

- 2 Baking sheets • Kosher salt
- Strainer • Black pepper
- Paper towels
- Medium pot
- Olive oil (4 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
- Garlic 2 Cloves | 4 Cloves
- Lemon 1 | 1
- Chickpeas 13.4 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 PREP

Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry all produce.** Trim **zucchini**, then dice into ½-inch pieces. Halve **tomatoes**. Strip **thyme** leaves from stems; discard stems. Mince **garlic**. Halve **lemon**.



4 TOAST COUSCOUS

Heat **1 TBSP butter** (2 TBSP for 4 servings) and **garlic** in a medium pot over medium-high heat. Once butter is melted and garlic is fragrant, add **couscous** and remaining **thyme**; stir to coat. Season with **salt** and **pepper**. Cook, stirring, until couscous is lightly toasted, 2-3 minutes.



2 ROAST VEGGIES

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



5 COOK COUSCOUS

Stir **stock concentrate** and **1½ cups water** (3 cups for 4 servings) into pot with **couscous**. Bring to a boil, then lower heat and reduce to a simmer. Cook until couscous is al dente, 8-10 minutes. Drain any excess water, if necessary.



3 ROAST CHICKPEAS

Meanwhile, drain and rinse **chickpeas**. Pat as dry as possible with paper towels. On a separate baking sheet, toss half the chickpeas (all the chickpeas for 4 servings), **paprika**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast on top rack, tossing halfway through, until crisp, about 20 minutes. **TIP:** It's natural for the chickpeas to pop a bit.



6 FINISH AND SERVE

Add half the **veggies**, half the **feta**, and a squeeze of **lemon juice** to pot with **couscous**; stir to combine. Season with **salt** and **pepper**. Divide between plates, then top with **roasted chickpeas** and remaining veggies and feta.

CHICKA BOOM!

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

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