



CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini & Grape Tomatoes

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



4 oz | 8 oz
Grape Tomatoes



¼ oz | ¼ oz
Thyme



1 Clove | 2 Cloves
Garlic



2 | 4
Scallions



1 | 1
Lemon



13.4 oz | 13.4 oz
Chickpeas



1 tsp | 2 tsp
Smoked Paprika



¾ Cup | 1½ Cups
Israeli Couscous
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



HELLO

CRISPY CHICKPEAS

Roasting turns these protein-packed legumes deliciously crunchy.

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 620



ABOUT THYME

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
- Strainer
- Paper towels
- Medium pot
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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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 and dice **zucchini** into ½-inch pieces. Halve **tomatoes**. Strip **thyme leaves** from stems. Peel and mince **garlic**. Trim and thinly slice **scallions**, separating whites from greens. Halve **lemon**.



4 TOAST COUSCOUS

- While chickpeas roast, heat **1 TBSP butter** (2 TBSP for 4 servings), **garlic**, and **scallion whites** in a medium pot over medium-high heat; cook until butter has melted and garlic is fragrant, 1 minute.
- Add **couscous** and remaining **thyme leaves**; stir to coat. Season with **salt** and **pepper**. Cook, stirring, until couscous is lightly toasted, 1-2 minutes.



2 ROAST VEGGIES

- Toss **zucchini**, **tomatoes**, and half the **thyme leaves** 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, 15-20 minutes.



5 COOK COUSCOUS

- Add **stock concentrate** and **¾ cup water** (1½ cups for 4 servings) to pot with **couscous**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes.
- Drain any excess liquid if necessary. Keep covered off heat.



3 ROAST CHICKPEAS

- Meanwhile, drain and rinse **chickpeas**. Pat as dry as possible with paper towels. On a second baking sheet, toss half the chickpeas (**all the chickpeas for 4 servings**) with **paprika**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**.
- Roast on top rack, tossing halfway through, until crisp, 18-20 minutes.
TIP: It's natural for the chickpeas to pop a bit.



6 FINISH & 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; top with **crispy chickpeas** and remaining veggies. Garnish with **scallion greens** and remaining feta. Serve.