

# **CHICKPEA-POWERED MEDITERRANEAN COUSCOUS**

with Zucchini & Grape Tomatoes



PREP: 10 MIN COOK: 30 MIN CALORIES: 640

10



## **HELLO**

#### **CRISPY CHICKPEAS**

Roasting turns these protein-packed legumes deliciously crunchy.

# **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. The leaves should pop right off!

### **BUST OUT**

- 2 Baking sheets
- Strainer
- Paper towels
- Medium pot
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (**1 TBSP** | **2 TBSP**) **Contains:** Milk
- Large pan 🔄
- Cooking oil (1 tsp | 1 tsp) 😉

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



# **1 PREP**

- Adjust racks to middle and top positions and preheat oven to 425 degrees. Wash and dry 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.



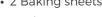
### **2 ROAST VEGGIES**

- Toss zucchini. tomatoes, and half the thyme leaves on a baking sheet with a drizzle of olive oil. Season with salt and **pepper**.
- Roast on middle rack, tossing halfway through, until tender, 15-20 minutes.



# **3 ROAST CHICKPEAS**

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





# **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 melts 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.



# **5 COOK COUSCOUS**

- Add stock concentrate and 34 cup water (1<sup>1</sup>/<sub>2</sub> 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 until ready to serve.
- R While couscous cooks, pat chicken\* dry with paper towels; season all over with salt and pepper. Heat a drizzle of oil in a large pan over mediumhigh heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board.



# **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 chickpeas and remaining veggies. Garnish with scallion greens and remaining feta. Serve.
- R Slice chicken crosswise. Stir in half the chicken to pot with **couscous**; top with remaining.