



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 | 2
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



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Chicken Cutlets

Calories: 830

CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini & Grape Tomatoes



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 640



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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🍳 *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**.



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.



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.



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 until ready to serve.

- 🍳 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 medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board.



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.)**



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.
- 🍳 Slice **chicken** crosswise. Stir in half the chicken to pot with **couscous**; top with remaining.

WK 11-10