



HALL OF FAME

# CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini and Heirloom Grape Tomatoes



## HELLO HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 610**



Zucchini



Thyme



Garlic



Chickpeas



Israeli Couscous  
(Contains: Wheat)



Feta Cheese  
(Contains: Milk)



Heirloom Grape Tomatoes



Scallions



Lemon



Smoked Paprika



Veggie Stock Concentrate

## START STRONG

During the hustle-bustle of the season, every moment counts. Save time on thyme by placing the tip of a stem in one hole of a fine-mesh strainer and pull through—the leaves will 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 ½ Box | 1 Box
- Smoked Paprika 1 tsp | 2 tsp
- Israeli Couscous ¾ Cup | 1½ Cups
- Veggie Stock Concentrate 1 | 2
- Feta Cheese ½ Cup | 1 Cup

## HELLO WINE



### PAIR WITH

Triskelion Clarksburg  
Chenin Blanc, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 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, **smoked 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.

## SUPERB!

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

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