



INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Yellow Onion



4 oz | 4 oz
Kale



4 oz | 8 oz
Grape Tomatoes



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 TBSP | 2 TBSP
Italian Seasoning



1 | 2
Veggie Stock
Concentrate



8 oz | 16 oz
Grilling Cheese
Contains: Milk

HELLO

ITALIAN SEASONING

This savory blend—made with garlic, oregano, basil, and parsley—adds herby flavor to couscous and grilling cheese.

EASY BREEZY GRILLING CHEESY

with Lemony Couscous, Grape Tomatoes & Kale



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 770



EASY BEIN' CHEESY

Unlike other cheeses, grilling cheese won't melt into a puddle when it sears in step 4. Instead, it'll retain its shape while getting delightfully warm and soft on the inside and developing a tasty crust on the outside. Make sure you let it cook long enough to get golden and toasty—your patience will be rewarded!

BUST OUT

- Zester
- Large pan
- Large bowl
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Sugar (1 tsp | 1 tsp)

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1 PREP

- Wash and dry produce.
- Halve, peel, and thinly slice **onion**. Remove and discard any large stems from **half the kale (all for 4 servings)**; chop into bite-size pieces. Halve **grape tomatoes** lengthwise. Peel and mince **garlic**. Zest and quarter **lemon**.



4 COOK GRILLING CHEESE

- While couscous cooks, slice **grilling cheese** into four pieces (**eight pieces for 4 servings**).
- Place **remaining Italian Seasoning** on a plate. Coat cheese in seasoning, pressing to adhere.
- Heat a **drizzle of oil** in pan used for veggies over medium-high heat. Add cheese and cook until browned, 1-2 minutes per side.



2 COOK VEGGIES

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **onion** and season with **salt** and **pepper**. Cook, stirring, until softened and lightly browned, 8-10 minutes.
- Once onion is softened, add **¼ cup water (½ cup for 4 servings)** and **1 tsp sugar**. Cook, stirring, until onion is caramelized and jammy, 2-3 minutes more.
- Add another **drizzle of oil** and chopped **kale**. Cook, stirring, until kale is wilted and tender, 5-7 minutes.
- Add **tomatoes** and cook until just softened, 1-2 minutes. Season with **salt** and **pepper**. Turn off heat; transfer **veggies** to a large bowl. Wipe out pan.



5 FINISH COUSCOUS

- Transfer **veggies** to pot with **couscous**. Stir in **lemon zest** and a **squeeze of lemon juice** to taste. Season with **salt** and **pepper**. **TIP: Reheat couscous over medium-low heat if needed.**



3 COOK COUSCOUS

- While veggies cook, heat a **drizzle of oil** in a small pot over medium-high heat. Add **couscous**, **garlic**, and **half the Italian Seasoning (you'll use the rest in the next step)**. Cook, stirring, until couscous is lightly toasted, 1-2 minutes.
- Add **¾ cup water (1½ cups for 4 servings)** and **stock concentrate**. Bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to use in step 5.



6 SERVE

- Divide **couscous mixture** between plates. Top with **grilling cheese**. Serve with any **remaining lemon wedges** on the side.