



MEDITERRANEAN BAKED VEGGIES

with Couscous, Almonds, and Feta



HELLO

BAKED TOMATOES

Warmed in the oven until they're bursting, juicy, and soft

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 540**



Garlic



Thyme



Grape Tomatoes



Israeli Couscous
(Contains: Wheat)



Feta Cheese
(Contains: Milk)



Asparagus



Veggie Stock Concentrates



Scallions



Sliced Almonds
(Contains: Tree Nuts)

START STRONG

If you have an extra moment, gently toast the almonds in the oven or in a pan to bring out their flavor.

BUST OUT

- Small pot
- Baking sheet
- Medium pot
- Olive oil (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 2 Cloves | 4 Cloves
- Asparagus 8 oz | 16 oz
- Thyme ¼ oz | ½ oz
- Veggie Stock Concentrates 2 | 4
- Grape Tomatoes 4 oz | 8 oz
- Scallions 2 | 4
- Israeli Couscous ¾ Cup | 1½ Cups
- Sliced Almonds 1 oz | 2 oz
- Feta Cheese ½ Cup | 1 Cup

HELLO WINE



PAIR WITH
Abbiocco Umbria Rosso, 2015

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



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 450 degrees. Mince or grate **garlic**. Trim and discard woody bottoms from **asparagus**, then cut into 3-inch pieces. Strip **thyme leaves** from stems. Discard stems; roughly chop leaves. Put **stock concentrates** and **1 cup water** in a small pot and bring to a simmer.



4 TOAST COUSCOUS

Add **couscous** and remaining **thyme** to pot with **scallion whites**. Cook, tossing, until grains are lightly toasted, about 1 minute.



2 ROAST VEGGIES

Toss **garlic, asparagus, tomatoes**, half the **thyme**, and a drizzle of **olive oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven until asparagus is tender and tomatoes burst, about 20 minutes, tossing halfway through.



5 SIMMER COUSCOUS

Pour simmering **stock** into pot with **couscous**. Reduce heat to low, cover, and simmer until tender, 8-10 minutes.



3 COOK SCALLION WHITES

Thinly slice **scallions**, keeping greens and whites separate. Melt **1 TBSP butter** in a medium pot over medium heat. Add scallion whites and cook, tossing, until fragrant, 1-2 minutes.



6 FINISH AND SERVE

Fluff **couscous** with a fork. Season with **salt** and **pepper**. Divide between plates, then top with **roasted veggies**. Sprinkle with **almonds, feta cheese**, and **scallion greens**.

DAZZLING!

The finishing almonds and feta add a magic touch.

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