



# MEDITERRANEAN BAKED VEGGIES

with Couscous, Almonds & Feta

8



HELLO

## ISRAELI COUSCOUS

These tiny toasted pasta pieces become fluffy once cooked.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 460



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 nutty flavor and crunchy texture.

## BUST OUT

- Small pot
- Baking sheet
- Medium pot
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 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 **½ oz** | **1 oz**
- Feta Cheese **½ Cup** | **1 Cup**

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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## 1 PREP

Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry all produce.** Mince **garlic**. Trim and discard woody bottom ends from **asparagus**; cut stalks crosswise into 3-inch pieces. Strip **thyme leaves** from stems; discard stems and roughly chop leaves. In a small pot, combine **stock concentrates** and **1 cup water** (2 cups for 4 servings). Bring to a simmer over medium heat.



## 4 TOAST COUSCOUS

Add **couscous** and remaining **thyme** to same pot. Cook, stirring, until grains are lightly toasted, 1-2 minutes.



## 2 ROAST VEGGIES

Toss **garlic, asparagus, tomatoes**, and half the **thyme** on a baking sheet with a drizzle of **olive oil, salt**, and **pepper**. Roast, tossing halfway through, until asparagus is tender and tomatoes burst, 12-15 minutes.



## 5 SIMMER COUSCOUS

Pour simmering **stock** into pot with **couscous mixture**. Reduce to a low simmer, cover, and cook until tender, 6-8 minutes. Drain any excess liquid from pot, if necessary.



## 3 COOK SCALLION WHITES

Meanwhile, trim and thinly slice **scallions**, separating whites from greens. Melt **1 TBSP butter** (2 TBSP for 4 servings) in a medium pot over medium heat. Add **scallion whites** and cook, stirring, until fragrant, 1 minute.



## 6 SERVE

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

## LOVE ON TOP

Crunchy almonds and creamy, salty feta would also taste great sprinkled on fresh fruit, like watermelon.

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