



MEDITERRANEAN BAKED VEGGIES

with Couscous, Almonds & Feta

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



6 oz | 12 oz
Asparagus



¼ oz | ½ oz
Thyme



2 | 4
Veggie Stock
Concentrates



4 oz | 8 oz
Grape Tomatoes



2 | 4
Scallions



¾ Cup | 1½ Cups
Israeli Couscous
Contains: Wheat



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



½ Cup | 1 Cup
Feta Cheese
Contains: Milk

HELLO

ISRAELI COUSCOUS

These tiny toasted pasta pieces become fluffy once cooked.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 500



BEND & SNAP

Trimming asparagus is a snap—literally. Hold the spears near the bottom ends and bend until they break. They'll snap off naturally at the point where they go from tough to tender.

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

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1 PREP

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



4 TOAST COUSCOUS

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



2 ROAST VEGGIES

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



5 SIMMER COUSCOUS

- Pour **stock** into pot with **couscous mixture**. Reduce to a low simmer, then 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 FINISH & 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**. Serve.