



Mediterranean Pearl Couscous

with Roasted Chickpeas & Fetta



Add a smoky touch
to chickpeas



Garlic



Cherry Tomatoes



Red Onion



Zucchini



Chickpeas



Smoked Paprika



Walnuts



Lemon



Parsley



Pearl Couscous



Fetta



Hands-on: **25** mins
Ready in: **35** mins



Low calorie

We feel like chickpeas tonight! That's why we roasted these little beauties in a tasty, smoked paprika mix and served them on a bed of golden, roasted veg. With its topping of creamy, luscious fetta, you'll understand why we're obsessed with this bowl of goodness.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan with lid, two oven trays** lined with **baking paper, sieve, paper towel, wooden spoon.**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Cut the **cherry tomatoes** in half. Slice the **red onion** into 2cm wedges. Cut the **zucchini** into 2cm chunks. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



2 ROAST THE VEGGIES

Place the **garlic, cherry tomatoes, red onion and zucchini** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt and pepper** and toss to coat. Roast on the middle rack of the oven for **20-25 minutes** or until tender.



3 ROAST THE CHICKPEAS

While the veggies are roasting, drain and rinse the **chickpeas**. On the second oven tray lined with baking paper, toss together the chickpeas, **smoked paprika**, a **drizzle of olive oil** and a **pinch of salt and pepper**. Roast on the top rack for **15-20 minutes** or until golden and slightly crispy. In the last **5 minutes** of cook time, add the **walnuts** to the oven tray with the chickpeas and roast until golden. **TIP:** For the low calorie option, use just **1/2 the walnuts!**



4 PREP THE LEMON AND PARSLEY

While the chickpeas are roasting, bring the **water (see ingredients list)** to the boil in a medium saucepan. Cut the **lemon** into wedges. Finely chop the **parsley**.



5 COOK THE PEARL COUSCOUS

Add the **pearl couscous** to the saucepan of boiling water. Cover with a lid and reduce the heat to low. Cook for **8-10 minutes**, or until just tender. Add the **roast veggies** and **parsley** to the saucepan. **Drizzle** with a little **olive oil**, add the **salt (see ingredients list)** and season with a **pinch of pepper**. Gently toss to combine.



6 SERVE UP

Divide the Mediterranean pearl couscous between bowls and top with the roasted chickpeas and walnuts. Crumble over the **fetta** and serve with lemon wedges.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
cherry tomatoes	1 punnet	2 punnets
red onion	1	2
zucchini	1	2
chickpeas	1 tin (400 g)	2 tins (800 g)
smoked paprika	1 sachet	2 sachets
walnuts	2 packets	4 packets
water*	1 cup	2 cups
lemon	1	2
parsley	1 bunch	1 bunch
pearl couscous	1 packet	2 packets
salt*	¼ tsp	½ tsp
fetta	1 block (50 g)	1 block (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (548Cal)	348kJ (83Cal)
Protein (g)	24.3g	3.7g
Fat, total (g)	17.5g	2.6g
- saturated (g)	4.9g	0.7g
Carbohydrate (g)	66.3g	10.0g
- sugars (g)	10.1g	1.5g
Sodium (g)	691mg	105mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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