



VEGAN MAPLE CARROT POWER BOWLS

with Turmeric-Toasted Couscous & Lemony Hummus

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Kale



12 oz | 24 oz
Carrots



1 | 1
Lemon



1 tsp | 2 tsp
Garlic Powder



5 oz | 7.5 oz
Israeli Couscous
Contains: Wheat



1 tsp | 1 tsp
Turmeric



1 | 2
Veggie Stock
Concentrate



1 TBSP | 1 TBSP
Harissa Powder



2 TBSP | 2 TBSP
Maple Syrup



½ Cup | 1 Cup
Hummus
Contains: Sesame



1 oz | 2 oz
Dried Cranberries



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 1070

Calories: 1060



PREP: 15 MIN | COOK: 30 MIN | CALORIES: 880



HELLO





LEMONY HUMMUS

This smooth chickpea dip gets a hit of tang from lemon juice.

CRISPY BUSINESS

To avoid making your roasted kale soggy, you'll skip washing the kale in step 1—but don't worry, it's pre-washed!

BUST OUT

- Peeler
- Large pan
- Baking sheet
- Small bowl
- Small pot
- Paper towels  
- Kosher salt
- Black pepper
- Olive oil (2 TBSP | 3 TBSP)
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp)  

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1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 350 degrees. Wash and dry produce (except kale).
- Remove and discard any large stems from kale. Trim, peel, and cut carrots on a diagonal into ¼-inch-thick pieces. Quarter lemon.



4 COOK CARROTS



- Heat a large drizzle of oil in a large pan over medium-high heat. Add carrots, ¼ tsp harissa powder (½ tsp for 4 servings), salt, and pepper. (TIP: If you prefer a milder flavor, use less harissa powder.) Cook, stirring occasionally, until just softened, 5-8 minutes.
- Add half the maple syrup (all for 4) and 2 TBSP water (4 TBSP for 4); cook, stirring occasionally, until carrots are lightly browned and tender, 3-5 minutes. Remove pan from heat.

-  Use pan used for chicken here.
- 



2 ROAST KALE

- Toss kale on a baking sheet with a large drizzle of olive oil, garlic powder, salt, and pepper. TIP: For easy cleanup, line baking sheet with aluminum foil first.
- Roast on top rack until browned and crisp, 13-15 minutes. (For 4 servings, divide kale between 2 sheets. Roast on top and middle racks, switching rack positions halfway through.)

-  While kale roasts, pat chicken* or organic
-  chicken* dry with paper towels and season all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken or organic chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



5 MIX HUMMUS

- Meanwhile, in a small bowl, combine hummus, juice from one lemon wedge, 1 TBSP olive oil, and 1 TBSP water. (For 4 servings, use a medium bowl, juice from two lemon wedges, 2 TBSP olive oil, and 2 TBSP water). Season with salt and pepper.





3 COOK COUSCOUS


- Heat a drizzle of oil in a small pot over medium-high heat. Add couscous and ¼ tsp turmeric (½ tsp for 4 servings). Cook, stirring occasionally, until fragrant and toasted, 1-2 minutes.
- Add stock concentrate, 1½ cups water (2¼ cups for 4), and a big pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until liquid has absorbed and couscous is tender, 6-8 minutes. Drain any excess liquid if necessary; keep covered until ready to serve.



6 FINISH & SERVE

- Fluff couscous with a fork; stir in a drizzle of olive oil. Taste and season with salt and pepper if desired.
- Divide couscous between bowls. Top with kale, carrots, hummus, cranberries, and walnuts. Serve with any remaining lemon wedges on the side.

-  Slice chicken or organic chicken
-  crosswise; serve atop bowls.

 *Chicken is fully cooked when internal temperature reaches 165°.