



## INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz  
Carrots



13.4 oz | 26.8 oz  
Chickpeas



1 | 2  
Bell Pepper\*



1 TBSP | 2 TBSP  
Shawarma  
Spice Blend



1 | 1  
Red Onion



1 | 1  
Lemon



¼ oz | ¼ oz  
Cilantro



2 TBSP | 4 TBSP  
Yogurt  
Contains: Milk



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



1 tsp | 2 tsp  
Garlic  
Powder



1 TBSP | 1 TBSP  
Harissa  
Powder



2.5 oz | 5 oz  
Israeli  
Couscous  
Contains: Wheat



1 | 2  
Veggie Stock  
Concentrate



1 oz | 2 oz  
Dried  
Apricots

\* The ingredient you received may be a different color.

\*\* In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz  
Chicken Cutlets\*\*

Calories: 980

# SHAWARMA CHICKPEA COUSCOUS BOWLS

with Roasted Veggies, Pickled Onion & Harissa Yogurt Sauce



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 790





HELLO

## HARISSA YOGURT SAUCE

This creamy condiment balances cooling yogurt with smoky, spicy harissa powder.

### CRISPY BUSINESS

After draining and rinsing your chickpeas in step 1, be sure to gently pat them dry with paper towels so that they bake up crisp, not soggy, in the oven.

### BUST OUT

- Peeler
- Strainer
- Paper towels
- 2 Baking sheets
- 2 Small bowls
- Medium pot
- Kosher salt
- Black pepper
- Sugar
- Cooking oil (5 tsp | 5 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk
- Large pan
- Cooking oil (1 tsp | 1 tsp)

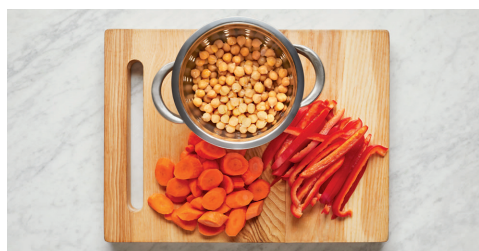
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\* Chicken is fully cooked when internal temperature reaches 165°.



### 1 PREP

- Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Drain, rinse, and pat **chickpeas** dry with paper towels. Halve, core, and thinly slice **bell pepper** into strips.



### 4 MAKE PICKLES & SAUCE

- Meanwhile, halve, peel, and thinly slice **half the onion** (save the rest for another use). Quarter **lemon**. Finely chop **cilantro**.
- In a small bowl, combine **sliced onion**, **juice from two lemon wedges**, a **pinch of sugar**, and **salt**. Set aside to pickle.
- In a separate small bowl, combine **yogurt**, **sour cream**, ¼ tsp **garlic powder** (½ tsp for 4 servings), a **squeeze of lemon juice**, and as much **harissa powder** as you like. (You'll use the rest of the garlic powder in the next step.) Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



### 2 PREP VEGGIES & CHICKPEAS

- Toss **carrots** on a baking sheet with a **large drizzle of oil**, 1 tsp **Shawarma Spice** (2 tsp for 4 servings), **salt**, and **pepper**.
- Toss **chickpeas** on one side of a separate baking sheet with a **large drizzle of oil**, 1 tsp remaining **Shawarma Spice** (2 tsp for 4), **salt**, and **pepper**. (Be sure to measure the **Shawarma Spice**; we sent more.)
- Toss **bell pepper** on empty side with a **drizzle of oil**, **salt**, and **pepper**.



### 5 COOK COUSCOUS

- Melt 1 TBSP **butter** (2 TBSP for 4 servings) in a medium pot over medium-high heat. Add **couscous** and cook, stirring, until lightly toasted, 2-3 minutes.
- Add **stock concentrate**, ¾ cup **water** (1½ cups for 4), **remaining garlic powder**, and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat.



### 3 ROAST VEGGIES & CHICKPEAS

- Roast **carrots** on middle rack and **chickpeas** and **bell pepper** on top rack until veggies are browned and tender and chickpeas are crispy, 18-22 minutes. **TIP: It's natural for chickpeas to pop a bit. Check on your veggies and chickpeas after 20 minutes; if carrots finish first, remove from oven and set aside.**

- While veggies roast, pat **chicken\*** dry with paper towels; season all over with **remaining Shawarma Spice**, **salt**, and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board.



### 6 FINISH & SERVE

- Once veggies and chickpeas are done, stir **apricots** into **couscous**; season with **salt** and **pepper**.
- Divide couscous between bowls; arrange **chickpeas**, **bell pepper**, and **carrots** on top in separate sections. Drizzle with **yogurt sauce**. Top with **cilantro** and as much **pickled onion** (draining first) as you like. Halve **remaining lemon wedge** and serve on the side.
- Thinly slice **chicken** crosswise; serve atop bowls before garnishing.

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