



CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini & Grape Tomatoes



HELLO CRISPY CHICKPEAS

Roasting turns these protein-packed legumes deliciously crunchy.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 600**



Zucchini



Thyme



Scallions



Chickpeas



Israeli Couscous
(Contains: Wheat)



Feta Cheese
(Contains: Milk)



Grape Tomatoes



Garlic



Lemon



Smoked Paprika



Veggie Stock
Concentrate

START STRONG

To prep your thyme in no time, pinch the stem near the top with one hand, then pull down with your other hand against the direction the leaves grow in. The leaves should pop right off!

BUST OUT

- 2 Baking sheets
- Kosher salt
- Strainer
- Black pepper
- Paper towels
- Medium pot
- Olive oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Zucchini 1 | 2
- Grape Tomatoes 4 oz | 8 oz
- Thyme ¼ oz | ¼ oz
- Garlic 1 Clove | 2 Cloves
- Scallions 2 | 4
- Lemon 1 | 1
- Chickpeas 13.4 oz | 13.4 oz
- Smoked Paprika 1 tsp | 2 tsp
- Israeli Couscous ¾ Cup | 1½ Cups
- Veggie Stock Concentrate 1 | 2
- Feta Cheese ½ Cup | 1 Cup



1 PREP

Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and dice **zucchini** into ½-inch pieces. Halve **tomatoes**. Strip **thyme leaves** from stems. Peel and mince **garlic**. Trim and thinly slice **scallions**, separating whites from greens. Halve **lemon**.



4 TOAST COUSCOUS

While chickpeas roast, heat **1 TBSP butter** (2 TBSP for 4 servings), **garlic**, and **scallion whites** in a medium pot over medium-high heat; cook until butter has melted and garlic is fragrant, 1 minute. Add **couscous** and remaining **thyme leaves**; stir to coat. Season with **salt** and **pepper**. Cook, stirring, until couscous is lightly toasted, 2-3 minutes.



2 ROAST VEGGIES

Toss **zucchini**, **tomatoes**, and half the **thyme leaves** on a baking sheet with a large drizzle of **olive oil**. Season with **salt** and **pepper**. Roast on middle rack, tossing halfway through, until tender, 15-20 minutes.



5 COOK COUSCOUS

Add **stock concentrate** and ¾ cup **water** (1½ cups for 4 servings) to pot with **couscous**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes. Drain any excess liquid, if necessary. Keep covered off heat.



3 ROAST CHICKPEAS

Meanwhile, drain and rinse **chickpeas**. Pat as dry as possible with paper towels. On a second baking sheet, toss half the chickpeas (all the chickpeas for 4 servings) with **paprika**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast on top rack, tossing halfway through, until crisp, 18-20 minutes. **TIP:** It's natural for the chickpeas to pop a bit.



6 FINISH & SERVE

Add half the **veggies**, half the **feta**, and a squeeze of **lemon juice** to pot with **couscous**; stir to combine. Season with **salt** and **pepper**. Divide between plates; top with **crispy chickpeas** and remaining veggies. Garnish with **scallion greens** and remaining feta. Serve.

CHICKA BOOM!

Try making a big batch of the crispy chickpeas again as a party app.



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