



CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini and Heirloom Grape Tomatoes



HELLO CRISPY CHICKPEAS

Roasted in the oven to give them a satisfying crunch

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 610



Zucchini



Thyme



Garlic



Chickpeas



Israeli Couscous
(Contains: Wheat)



Feta Cheese
(Contains: Milk)



Heirloom Grape Tomatoes



Scallions



Lemon



Smoked Paprika



Veggie Stock Concentrate

START STRONG

Make sure to give the chickpeas a rinse under running water in a strainer or colander—the liquid they're packed in has extra starches that you don't want.

BUST OUT

- 2 Baking sheets
- Strainer
- Medium pot
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

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

HELLO WINE



PAIR WITH

Little Pioneer South Eastern
Australia Chardonnay, 2016

HelloFresh.com/Wine



1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Trim **zucchini**, then cut into ½-inch cubes. Halve **tomatoes** lengthwise. Strip **thyme** leaves from stems; discard stems. Trim, then thinly slice **scallions**, keeping greens and whites separate. Mince or grate **garlic**. Halve **lemon**.



4 TOAST COUSCOUS

Heat **1 TBSP butter**, **garlic**, and **scallion whites** in a medium pot over medium-high heat. Once butter is melted and garlic is fragrant, add **couscous** and remaining **thyme**. Toss to coat. Season with **salt** and **pepper**. Cook, tossing, until couscous is lightly toasted, 2-3 minutes.



2 ROAST VEGGIES

Toss **zucchini**, **tomatoes**, and half the **thyme** on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven until tender, about 20 minutes, tossing halfway through. Meanwhile, drain and rinse half the **chickpeas** from the box (use the rest as you like).



5 SIMMER COUSCOUS

Stir **stock concentrate** and **1½ cups water** into pot. Bring to a boil, then lower heat and reduce to a simmer. Cook until **couscous** is al dente, 10-12 minutes.



3 ROAST CHICKPEAS

On another baking sheet, toss **chickpeas**, **smoked paprika**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven until crisp, about 20 minutes, tossing halfway through. **TIP:** Chickpeas may pop in oven—it's natural.



6 FINISH AND PLATE

Add half the **veggies**, half the **feta**, and a squeeze of **lemon** to pot with couscous and toss to combine. Season with **salt** and **pepper**. Divide **couscous mixture** between plates, then top with remaining veggies and **chickpeas**. Sprinkle with **scallion greens** and remaining feta.

SUPERB!

Make more crispy chickpeas with the extras and eat 'em as a snack.

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