



TURKISH-SPICED CHICKPEA COUSCOUS BOWLS

with Spinach, Tomato & Lemony Yogurt Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



1 TBSP | 2 TBSP
Turkish Spice Blend



1 | 1
Lemon



4 oz | 8 oz
Grape Tomatoes



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Veggie Stock Concentrate



1 tsp | 2 tsp
Garlic Powder



5 oz | 10 oz
Spinach



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Chicken Cutlets

Calories: 680



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 500



HELLO

TURKISH SPICE BLEND

What is it? A savory blend of cumin, garlic, coriander, and chili.

DRY, DRY AGAIN

If you like your chickpeas crispy (and we know you do!), make sure you get them good and dry before roasting.

BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Zester
- Small pot
- Large bowl
- Plastic wrap
- Small bowl
- Large pan
- Aluminum foil
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)

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1 ROAST CHICKPEAS

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; pat very dry with paper towels. Toss on a baking sheet with a **drizzle of oil, Turkish Spice Blend, salt, and pepper.** Roast on top rack until crispy, 18-20 minutes. **(It's natural for chickpeas to pop a bit while roasting.)**



4 MAKE SAUCE

- In a small bowl, combine **yogurt, remaining garlic powder,** and a **squeeze of lemon juice.**
- Add **water** 1 tsp at a time until sauce reaches a drizzling consistency. Taste and season with **salt and pepper.**



2 PREP & COOK COUSCOUS

- Meanwhile, zest and quarter **lemon.** Quarter **tomatoes.**
- In a small pot, combine **couscous, stock concentrate, ¾ cup water, ¾ tsp garlic powder (1½ cups water and 1½ tsp garlic powder for 4 servings), and a pinch of salt** over medium-high heat. **(You'll use the rest of the garlic powder later.)** Bring to a boil, then reduce heat to low and cover. Cook until tender, 6-8 minutes. Keep covered off heat until Step 5.

- Pat **chicken*** dry with paper towels; season all over with **salt and pepper.** Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board and tent with foil to keep warm.



5 FINISH COUSCOUS

- Fluff **couscous** with a fork; stir in **spinach, tomatoes, a squeeze of lemon juice,** and **lemon zest** to taste; season with **salt and pepper.** **TIP: Stir in 1 TBSP butter for a richer flavor!**

- Slice **chicken** crosswise; stir into **couscous.**



3 STEAM SPINACH

- While couscous cooks, place **spinach** and **1 TBSP water (2 TBSP for 4 servings)** in a large microwave-safe bowl. Cover tightly with plastic wrap. Microwave on high until wilted, 2-3 minutes **(3-4 minutes for 4).**
- Carefully remove plastic wrap and season with **salt and pepper;** stir to combine. **TIP: No microwave? No problem! Heat a drizzle of oil in a large pan over medium-high heat. Add spinach and cook, stirring, until wilted, 3-4 minutes.**



6 SERVE

- Divide **couscous** between bowls; top with **chickpeas.** Drizzle with **sauce** and serve with any **remaining lemon wedges** on the side.

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