



VEGGIE TAGINE COUSCOUS BOWLS

with Creamy Feta Sauce & Garlic Pita Chips



HELLO VEGGIE TAGINE

A quick-cooking take on a North African stew, traditionally slow cooked with roasted veggies and warm spices

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 690**



Zucchini



Shallot



Lemon



Whole Wheat Pitas
(Contains: Wheat)



Veggie Stock Concentrate



Yogurt
(Contains: Milk)



Feta Cheese
(Contains: Milk)



Bell Pepper*



Scallions



Tunisian Spice Blend



Garlic Powder



Couscous
(Contains: Wheat)



Sour Cream
(Contains: Milk)

*Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

START STRONG

Love pita but don't want chips? Pull them out of the oven after 5-7 minutes, when they're lightly toasted but still soft in the middle.

BUST OUT

- Zester
- 2 Baking sheets
- Small pot
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (5 tsp | 5 tsp)

INGREDIENTS

Ingredient **2-person** | **4-person**

- | | |
|----------------------------|-----------------|
| • Zucchini | 1 2 |
| • Bell Pepper | 1 2 |
| • Shallot | 1 2 |
| • Scallions | 2 4 |
| • Lemon | 1 1 |
| • Tunisian Spice Blend | 1 TBSP 2 TBSP |
| • Whole Wheat Pitas | 2 4 |
| • Garlic Powder | 1 tsp 1 tsp |
| • Veggie Stock Concentrate | 1 2 |
| • Couscous | ½ Cup 1 Cup |
| • Yogurt | 2 oz 4 oz |
| • Sour Cream | 4 TBSP 8 TBSP |
| • Feta Cheese | ½ Cup 1 Cup |



1 PREP

Adjust rack to top and middle positions and preheat oven to 450 degrees. **Wash and dry all produce.** Trim and quarter **zucchini** lengthwise; cut crosswise into 1-inch-thick pieces. Core, deseed, and dice **bell pepper** into 1-inch pieces. Halve, peel, and slice **shallot** into ½-inch-thick wedges. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



4 COOK COUSCOUS

Heat a drizzle of **olive oil** in a small pot over medium-high heat. Add **scallion whites** and cook until slightly softened, 1 minute. Add **¾ cup water** (1½ cups for 4 servings), **stock concentrate**, and a big pinch of **salt**. Bring to a boil, then stir in **couscous**. Immediately cover and remove pot from heat; let sit until ready to serve.



2 ROAST VEGGIES

Toss **zucchini, bell pepper,** and **shallot** on a baking sheet with a drizzle of **olive oil, Tunisian Spice, salt,** and **pepper**. Roast on top rack until browned and tender, 18-20 minutes.



5 MAKE SAUCE

In a small bowl, combine **yogurt, sour cream, feta,** a drizzle of **olive oil,** and a squeeze of **lemon juice** to taste. Season with **salt** and **pepper**.



3 MAKE PITA CHIPS

Meanwhile, slice each **pita** into 6 triangles; rub all over with a large drizzle of **olive oil** until evenly coated. Spread out on a second baking sheet. Sprinkle on both sides with **salt** and half the **garlic powder** (all for 4 servings). Bake on middle rack until crisp and browned at edges, 10-12 minutes.



6 FINISH & SERVE

Fluff **couscous** with a fork; stir in **lemon zest** and season with **salt** and **pepper**. Divide between plates; top with **roasted veggies** and **sauce**. Sprinkle with **scallion greens**. Serve with **pita chips** and any remaining **lemon wedges** on the side.

GO NUTS

If you have almonds or pistachios in your pantry, toast up a handful and sprinkle over your finished dish for a delicious crunch.



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