



# VIBRANT VEGGIE SKEWERS

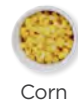
over Herbed Couscous with a Corn Relish



## HELLO CORN RELISH

A bright and colorful topping that packs sassy vinegar and mustard twang

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 680**



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

## START STRONG

In the mood for some grill action? The skewers will taste great cooked on the grates. Grill them over direct heat for 6-8 minutes per side in step 4.

## BUST OUT

- Strainer
- Small pot
- Small bowl
- Baking sheet
- Olive oil (7 tsp | 14 tsp)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)
- Large pan

## INGREDIENTS

Ingredient	2-person	4-person
• Wooden Skewers	4	8
• Roma Tomato	1	2
• Corn	13.4 oz	13.4 oz
• Bell Pepper	1	2
• Zucchini	1	2
• Button Mushrooms	4 oz	8 oz
• Parsley	¼ oz	½ oz
• Veggie Stock Concentrate	1	2
• Garlic Powder	1 tsp	2 tsp
• White Wine Vinegar	4½ tsp	9 tsp
• Dijon Mustard	2 tsp	4 tsp
• Couscous	½ Cup	1 Cup
• Mediterranean Spice Blend	1 TBSP	2 TBSP
• Feta Cheese	½ Cup	1 Cup

## HELLO WINE



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## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat broiler to high. Place **skewers** in a dish or wide bowl; cover with water and soak. Core and finely dice **tomato**. Drain and rinse **corn**. Core and seed **bell pepper**, then cut into 1-inch squares. Slice **zucchini** into ¼-inch-thick rounds. Trim, then halve **mushrooms**. Chop **parsley**.



## 4 MAKE SKEWERS

Remove **skewers** from water. Thread **mushrooms, zucchini, and bell pepper** onto skewers, alternating between each. Brush with **mustard marinade**. Season with **salt, pepper, and 1½ tsp Mediterranean spice** (save the rest for the next step). Place on a baking sheet. Broil until lightly charred and tender, 6-8 minutes per side. **TIP:** Short on time? Skip the skewers and place veggies directly on baking sheet.



## 2 HEAT STOCK AND MAKE MARINADE

Bring **1 cup water, stock concentrate, and a pinch of salt** to a boil in a small pot. Meanwhile, combine **garlic powder, 1½ tsp vinegar, 1 tsp mustard, and 1 TBSP olive oil** in a small bowl (we sent more vinegar and mustard—save the rest for step 5). Season with salt and **pepper**.



## 5 MAKE CORN RELISH

Heat **1 TBSP olive oil and 1 TBSP butter** in a large pan over medium heat. Add **tomato and corn**. Cook, tossing, until tomato softens, 4-5 minutes. Stir in **1 TBSP vinegar and 1 tsp mustard** (you will have some vinegar left over). Remove pan from heat and let stand a few minutes to cool, then stir in **feta cheese**. Season with **salt, pepper, and remaining Mediterranean spice**.



## 3 COOK COUSCOUS

Once **stock** is boiling, add **couscous** to pot. Cover and remove from heat. Let stand until rest of meal is ready.



## 6 PLATE AND SERVE

Fluff **couscous** with a fork, then stir in **parsley, 1 TBSP butter, and a drizzle of olive oil**. Season with **salt and pepper**. Divide couscous between plates, then top with **corn relish and veggie skewers**.

## ON POINT!

Tender, smoky veggie skewers always hit the mark.

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