



VIBRANT VEGGIE SKEWERS

over Herbed Couscous with a Corn Feta Relish



HELLO CORN RELISH

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

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



Roma Tomato



Red Bell Pepper



Button Mushrooms



Parsley



Dijon Mustard



Feta Cheese
(Contains: Milk)



Corn on the Cob



Zucchini



Garlic



White Wine Vinegar



Couscous
(Contains: Wheat)

START STRONG

Short on time? Skip the skewers and throw the veggies directly onto the baking sheet.

BUST OUT

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

INGREDIENTS

Ingredient 2-person | 4-person

- Wooden Skewers 4 | 8
- Roma Tomato 1 | 2
- Corn on the Cob 1 Ear | 2 Ears
- Red Bell Pepper 1 | 2
- Zucchini 1 | 2
- Button Mushrooms 4 oz | 8 oz
- Garlic 2 Cloves | 4 Cloves
- Parsley ¼ oz | ½ oz
- White Wine Vinegar 1½ TBSP | 3 TBSP
- Dijon Mustard 2 tsp | 4 tsp
- Couscous ½ Cup | 1 Cup
- Feta Cheese ½ Cup | 1 Cup

HELLO WINE



PAIR WITH

Trilus California Chardonnay, 2015

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1 PREHEAT AND PREP

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



4 MAKE SKEWERS

Remove **skewers** from water. Thread **mushrooms, zucchini, and bell pepper** onto **skewers**, alternating between each. Brush with **marinade**. Season with **salt** and **pepper**. Place on a baking sheet. Broil until lightly charred and tender, 6-8 minutes per side. **TIP:** If grilling, place skewers on grate directly over flame and cook 6-8 minutes per side.



2 MAKE MARINADE

Bring **1 cup water** and a pinch of **salt** to a boil in a small pot. In a small bowl, combine **garlic, ½ TBSP white wine vinegar, 1 tsp mustard, and 1 TBSP olive oil**. Season with **salt** and **pepper**.



5 MAKE RELISH

Heat **1 TBSP olive oil** and **1 TBSP butter** in a large pan over medium heat. Add **tomato** and **corn**. Cook until tomato softens, 4-5 minutes. Stir in **1 TBSP white wine vinegar** and **1 tsp mustard**. Remove pan from heat and let stand a few minutes to cool, then stir in **feta cheese**. Season with **salt** and **pepper**.



3 COOK COUSCOUS

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



6 FINISH AND PLATE

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 **relish** and **skewers**.

ON POINT!

These seasonal veggie skewers truly hit the mark.

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