



MEDITERRANEAN TOMATO AND ASPARAGUS BAKE

over Israeli Couscous



HELLO

BAKED TOMATOES

Warmed in the oven until they're bursting, juicy, and soft

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 450



Garlic



Thyme



Grape Tomatoes



Scallions



Feta Cheese
(Contains: Milk)



Asparagus



Veggie Stock
Concentrate



Israeli Couscous
(Contains: Wheat)



Sliced Almonds
(Contains: Tree Nuts)

START STRONG

If you have an extra moment, gently toast the almonds in the oven or in a pan to bring out their flavor.

BUST OUT

- Small pot
- Baking sheet
- Medium pot
- Olive oil (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 2 Cloves | 4 Cloves
- Asparagus 8 oz | 16 oz
- Thyme ¼ oz | ½ oz
- Veggie Stock Concentrate 1 | 2
- Grape Tomatoes 4 oz | 8 oz
- Israeli Couscous ½ Cup | 1 Cup
- Scallions 2 | 4
- Sliced Almonds 1 oz | 2 oz
- Feta Cheese ½ Cup | 1 Cup

HELLO WINE

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 450 degrees. Mince or grate **garlic**. Trim and discard woody bottoms from **asparagus**, then cut into 3-inch pieces. Strip **thyme leaves** from stems. Discard stems; roughly chop leaves. Put **stock concentrate** and **¾ cup water** in a small pot and bring to a simmer.



4 SIMMER COUSCOUS

Pour simmering **stock** into pot with **couscous**. Reduce heat to low, cover, and simmer until tender, about 10 minutes total.



2 ROAST VEGGIES

Toss **garlic, asparagus, tomatoes**, half the **thyme**, and a drizzle of **olive oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven until asparagus is tender and tomatoes have burst, about 20 minutes, tossing halfway through.



5 PREP SCALLIONS

Meanwhile, thinly slice **scallions**, keeping greens and whites separate. After **couscous** has cooked about 5 minutes, stir **scallion whites** into pot. Cover and continue cooking until couscous is done, about 5 minutes more.



3 TOAST COUSCOUS

Melt **1 TBSP butter** in a medium pot over medium heat. Add **couscous** and remaining **thyme**. Cook, tossing, until grains are lightly toasted, about 1 minute.



6 FINISH AND SERVE

Fluff **couscous** with a fork. Season with **salt** and **pepper**. Divide between plates, then top with **roasted veggies**. Sprinkle with **almonds, feta cheese**, and **scallion greens**.

DAZZLING!

The finishing almonds and feta add a magic touch.

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