

Herby Asparagus and Tomato Bake

with Israeli Couscous, Thyme, and Feta

As they burst in the oven, tomatoes create their own flavorful sauce. Served on a bed of toothsome Israeli couscous, this dish tastes like a slow-cooked masterpiece. Only you'll know how quick it was!



Prep: 10 min Total: 30 min



level 1



veggie



Invanti Courseous



Inyme



Asparagus



Sliced Almonds



Garlio



Grape Tomatoes







Ingredients		2 People	4 People
Israeli Couscous	1)	½ Cup	1 Cup
Thyme		1/4 OZ	⅓ oz
Asparagus		6 oz	12 oz
Sliced Almonds	2)	1 oz	2 oz
Garlic		2 Cloves	4 Cloves
Grape Tomatoes		4 oz	8 oz
Scallions		2	4
Feta	3)	½ Cup	1 Cup
Vegetable Stock Concentrate		1	2
Butter*	3)	1 T	2 T
Olive Oil*		1 t	2 t

*Not	Included
A 11	

Allergens

1) Wheat

2) Nuts3) Milk

0 in 1/4 in 1/2 in 3/4 in

Tools
Small pot, Large baking dish,
Medium pot

Nutrition per person Calories: 415 cal | Fat: 21 g | Sat. Fat: 9 g | Protein: 18 g | Carbs: 41 g | Sugar: 5 g | Sodium: 508 mg | Fiber: 6 g



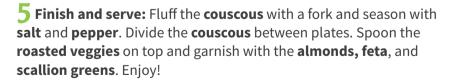
- 1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 450 degrees. Mince or grate the garlic. Trim and discard the bottom inch from the asparagus, then cut into 3-inch pieces. Strip the thyme from the stems, then roughly chop the leaves. Bring the vegetable stock concentrate and ¾ cups water to a low simmer in a small pot.
- **2** Roast the veggies: In a large baking dish, toss together the garlic, asparagus, tomatoes, half the thyme, and a drizzle of olive oil. Season with salt and pepper and place in the oven for about 20 minutes, tossing halfway through cooking, until the tomatoes are burst and the asparagus are tender.



3 Cook the couscous: After the veggies have roasted for 10 minutes, heat **1** Tablespoon butter in a medium pot over medium heat. Add the couscous and the remaining thyme and cook, stirring for 1 minute. Add the warm stock, then reduce the heat to low, cover, and cook for 10 minutes, until tender.



4 Add the scallion whites: Meanwhile, thinly slice the scallions keeping the whites and greens separate. With 5 minutes to go on the couscous, stir the scallion whites into the couscous.





Share your masterpiece! Tag your photos with #HelloFreshPics and share on you'll be entered into our weekly photo contest!

