



APR  
2016

## 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



Israeli Couscous



Thyme



Asparagus



Sliced Almonds



Garlic



Grape Tomatoes



Scallions



Feta



Vegetable Stock  
Concentrate

## Ingredients

		2 People	4 People
Israeli Couscous	1)	½ Cup	1 Cup
Thyme		¼ oz	½ 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

## Allergens

- 1) Wheat
- 2) Nuts
- 3) Milk

## 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

Ruler

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1



**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  $\frac{3}{4}$  **cups water** to a low simmer in a small pot.

2



**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



**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



**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.

**5 Finish and serve:** Fluff the **couscous** with a fork and season with **salt** and **pepper**. Divide the **couscous** between plates. Spoon the **roasted veggies** on top and garnish with the **almonds**, **feta**, and **scallion greens**. Enjoy!

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

