



VEGAN MAPLE CARROT POWER BOWLS

with Turmeric-Toasted Couscous & Lemony Hummus

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Kale



12 oz | 24 oz
Carrots



1 | 1
Lemon



1 tsp | 2 tsp
Garlic Powder



5 oz | 7.5 oz
Israeli Couscous
Contains: Wheat



1 tsp | 1 tsp
Turmeric



1 | 2
Veggie Stock
Concentrate



1 TBSP | 1 TBSP
Harissa Powder



2 TBSP | 2 TBSP
Maple Syrup



½ Cup | 1 Cup
Hummus
Contains: Sesame



1 oz | 2 oz
Dried Cranberries



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



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HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 1050



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1220



PREP: 15 MIN | COOK: 30 MIN | CALORIES: 870



HELLO





LEMONY HUMMUS

This smooth chickpea dip gets a hit of tang from lemon juice.

CRISPY BUSINESS

You've had raw and sautéed kale, but have you ever tried it roasted? This technique helps the leaves develop deliciously crisp edges that add depth of flavor to the whole dish.

BUST OUT

- Peeler
- Baking sheet
- Small pot
- Large pan
- Small bowl
- Paper towels  
- Kosher salt
- Black pepper
- Olive oil (2 TBSP | 3 TBSP)
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp)  

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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 350 degrees. **Wash and dry produce (be sure to dry the kale thoroughly so it crisps up in the oven!).**
- Remove and discard any large stems from **kale**. Trim, peel, and cut **carrots** on a diagonal into ¼-inch-thick pieces. Quarter **lemon**.




4 COOK CARROTS

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **carrots**, **¼ tsp harissa powder** (½ tsp for 4 servings), **salt**, and **pepper**. (TIP: If you prefer a milder flavor, use less harissa powder.) Cook, stirring occasionally, until just softened, 5-8 minutes.
- Add **half the maple syrup (all for 4)** and **2 TBSP water (4 TBSP for 4)**; cook, stirring occasionally, until carrots are lightly browned and tender, 3-5 minutes. Remove pan from heat.

 Use pan used for chicken or salmon here. 



2 ROAST KALE

- Toss **kale** on a baking sheet with a **large drizzle of olive oil**, **garlic powder**, **salt**, and **pepper**. TIP: For easy cleanup, **line baking sheet with aluminum foil first**.
- Roast on top rack until browned and crisp, 13-15 minutes. (For 4 servings, divide kale between 2 sheets. Roast on top and middle racks, switching rack positions halfway through.)
-  While kale roasts, pat **chicken*** or **salmon*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Turn off heat; transfer to a cutting board. Wipe out pan.



5 MIX HUMMUS

- Meanwhile, in a small bowl, combine **hummus**, **juice from one lemon wedge**, **1 TBSP olive oil**, and **1 TBSP water**. (For 4 servings, use a medium bowl, juice from two lemon wedges, 2 TBSP olive oil, and 2 TBSP water). Season with **salt** and **pepper**.






3 COOK COUSCOUS


- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **couscous** and **¼ tsp turmeric** (½ tsp for 4 servings). Cook, stirring occasionally, until fragrant and toasted, 1-2 minutes.
- Add **stock concentrate**, **1½ cups water** (2¼ cups for 4), and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until liquid has absorbed and couscous is tender, 6-8 minutes. Drain any excess liquid if necessary; keep covered until ready to serve.



6 FINISH & SERVE

- Fluff **couscous** with a fork; stir in a **drizzle of olive oil**. Taste and season with **salt** and **pepper** if desired.
- Divide couscous between bowls. Top with **kale**, **carrots**, **hummus**, **cranberries**, and **walnuts**. Serve with **remaining lemon wedges** on the side.
-  Slice **chicken** crosswise (**skip slicing salmon!**); serve atop bowls. 

 *Chicken is fully cooked when internal temperature reaches 165°.

 *Salmon is fully cooked when internal temperature reaches 145°.