



SHAWARMA-SPICED CHICKPEA COUSCOUS BOWLS

with Roasted Veggies, Pickled Onion & Harissa Yogurt Sauce

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



1 | 2
Chickpeas



1 | 2
Bell Pepper*



1 TBSP | 2 TBSP
Shawarma Spice Blend



1 | 1
Red Onion



1 | 1
Lemon



¼ oz | ¼ oz
Cilantro



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 1 TBSP
Harissa Powder



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Veggie Stock Concentrate



1 oz | 2 oz
Dried Apricots



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

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: 940



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 760



HELLO

HARISSA YOGURT SAUCE

Cooling yogurt meets smoky, spicy, garlicky harissa powder

CRISPY BUSINESS

After draining and rinsing your chickpeas, gently pat them super dry with paper towels so they get nice and crispy in the oven.

BUST OUT

- Peeler
- Strainer
- Paper towels
- 2 Baking sheets
- 2 Small bowls
- Medium pot
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 5 tsp) (1 tsp | 1 tsp)
- Sugar
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Drain, rinse, and pat **chickpeas** very dry with paper towels. Halve, core, and thinly slice **bell pepper** into strips.



2 PREP VEGGIES & CHICKPEAS

- Toss **carrots** on a baking sheet with a **large drizzle of oil, 1 tsp Shawarma Spice Blend (2 tsp for 4 servings), salt, and pepper.**
- Toss **chickpeas** on one side of a second sheet with a **large drizzle of oil, 1 tsp Shawarma Spice Blend (2 tsp for 4), salt, and pepper. (Be sure to measure the Shawarma Spice Blend—we sent more.)**
- Toss **bell pepper** on empty side with a **drizzle of oil, salt, and pepper.**



3 ROAST VEGGIES & CHICKPEAS

- Roast **carrots** on middle rack and **chickpeas** and **bell pepper** on top rack until veggies are browned and tender and chickpeas are crispy, 18-22 minutes. **TIP: Check on your veggies and chickpeas after 18 minutes; if carrots finish first, remove from oven and set aside.**



4 MAKE PICKLES & SAUCE

- Meanwhile, halve, peel, and thinly slice **half the onion (save the rest for another use)**. Quarter **lemon**. Finely chop **cilantro**.
- In a small bowl, combine **onion, juice from two lemon wedges, a pinch of sugar, and salt**. Set aside to pickle.
- In a separate small bowl, combine **yogurt, sour cream, ¼ tsp garlic powder (½ tsp for 4 servings), a squeeze of lemon juice, and as much harissa powder as you like. (You'll use the rest of the garlic powder in the next step.)** Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt and pepper**.



5 COOK COUSCOUS

- Melt **1 TBSP butter (2 TBSP for 4 servings)** in a medium pot over medium-high heat. Add **couscous** and cook, stirring, until lightly toasted, 2-3 minutes.
- Add **stock concentrate, ¾ cup water (1½ cups for 4), remaining garlic powder, and a big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes. Keep covered off heat.



6 FINISH & SERVE

- Once veggies and chickpeas are done, stir **apricots** into **couscous**; season with **salt and pepper**.
- Divide couscous between bowls; arrange **chickpeas, bell pepper, and carrots** on top in separate sections. Drizzle with **yogurt sauce**. Top with **cilantro** and as much **pickled onion (draining first)** as you like. Serve with any **remaining lemon wedges** on the side.

- While couscous cooks, pat **chicken*** 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; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest.

- Slice **chicken** crosswise; serve atop bowls.

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