



ROASTED KALE & CHICKPEA COUSCOUS BOWLS

with Dried Apricots, Almonds & Pepper Jam Vinaigrette

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Kale



1 | 2
Chickpeas



1 tsp | 2 tsp
Garlic Powder



2 | 4
Veggie Stock Concentrates



5 oz | 10 oz
Israeli Couscous
Contains: Wheat



4 oz | 8 oz
Grape Tomatoes



1 | 2
Red Pepper Jam



5 tsp | 5 tsp
Red Wine Vinegar



1 oz | 2 oz
Dried Apricots



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



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THERE TOO. SCAN HERE TO GET HELP!



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
Shrimp
Contains: Shellfish

Calories: 960



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 820



HELLO

RED PEPPER JAM

Tangy, sweet, and just a little savory, this delectable spread stars in a flavorful dressing.

ZIP-ZIP HOORAY

To quickly prep kale, hold the stem end with one hand, then pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

BUST OUT

- Strainer
 - Small pot
 - Large bowl
 - Whisk
 - Aluminum foil
 - Paper towels [👉]
 - Baking sheet
 - Large pan [👉]
- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp)
(1 tsp | 1 tsp) [👉]
 - Olive oil (1 TBSP | 2 TBSP)

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1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Remove and discard any large stems from **kale**. Drain and rinse **chickpeas**.



2 ROAST KALE & CHICKPEAS

- Place **kale** and **chickpeas** in a large bowl. Toss with **garlic powder**, **half the stock concentrates**, a **large drizzle of oil**, and a **pinch of salt and pepper**.
- Spread kale and chickpeas out in a single layer on a foil-lined baking sheet. Roast on top rack until slightly crispy, stirring halfway through, 18-22 minutes. (**For 4 servings, divide kale and chickpeas between two baking sheets and roast on top and middle racks, swapping rack positions halfway through.**) Wipe out bowl.



3 COOK COUSCOUS

- Meanwhile, in a small pot (**medium pot for 4 servings**), combine **couscous**, **remaining stock concentrate**, and **1 1/4 cups water (2 1/2 cups for 4)**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



4 FINISH PREP & MIX DRESSING

- While couscous cooks, halve **tomatoes**.
- In bowl used for kale and chickpeas, whisk together **jam**, **half the vinegar (all for 4 servings)**, **1 TBSP olive oil (2 TBSP for 4)**, and a **pinch of salt and pepper** until thoroughly combined.

- [👉] Rinse **shrimp*** under cold water, then pat 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 shrimp and cook, stirring occasionally, until opaque and cooked through, 4-6 minutes. Transfer to a plate.



5 TOSS VEGGIES & COUSCOUS

- To bowl with **dressing**, add **tomatoes** and **apricots**. Toss to combine.
- Transfer **roasted kale and chickpeas** and **cooked couscous** to bowl. Toss to combine; season with **salt** and **pepper** to taste.



6 SERVE

- Divide **roasted kale and chickpea couscous** between bowls and top with **almonds**. Serve.
- [👉] Serve **shrimp** atop **roasted kale and chickpea couscous**.

[👉] *Shrimp are fully cooked when internal temperature reaches 145°.