

## **INGREDIENTS**

2 PERSON | 4 PERSON





1 tsp | 2 tsp Garlic Powder



Veggie Stock Concentrate



1/2 Cup | 1 Cup Hummus Contains: Sesame



12 oz | 24 oz



5 oz | 7.5 oz Israeli Couscous **Contains: Wheat** 



1TBSP | 1TBSP Harissa Powder



1 oz | 2 oz **Dried Cranberries** 



Lemon



1tsp | 1tsp Turmeric



2 TBSP | 2 TBSP Maple Syrup



½ oz | 1 oz Walnuts **Contains: Tree Nuts** 



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## **HelloCustom**

2 PERSON | 4 PERSON

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

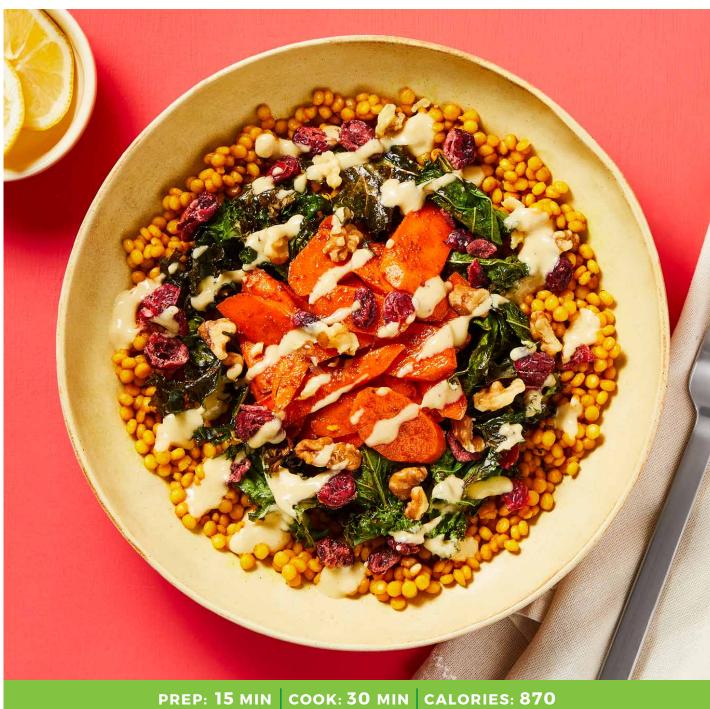


10 oz | 20 oz S Chicken Cutlets



# **VEGAN MAPLE CARROT POWER BOWLS**

with Turmeric-Toasted Couscous & Lemony Hummus





### 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
- Large pan
- Baking sheet
- Small bowl
- Small pot
- 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 1/4-inch-thick pieces. Quarter lemon.



#### **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\* dry with paper towels and 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. Turn off heat; transfer to a cutting board. Wipe out pan.



#### **3 COOK COUSCOUS**

- Heat a drizzle of oil in a small pot over medium-high heat. Add couscous and 1/4 tsp turmeric (1/2 tsp for 4 servings). Cook, stirring occasionally, until fragrant and toasted. 1-2 minutes.
- Add stock concentrate, 1½ cups water (2½ 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.



### **4 COOK CARROTS**

- Heat a large drizzle of oil in a large pan over medium-high heat. Add carrots, 1/4 tsp harissa powder (1/2 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.



#### **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.



### 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; serve atop bowls.



Use pan used for chicken here.