



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
OR GIVE US A CALL AT (646) 846-3663.

*The ingredient you received may be a different color.



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: 940



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1100



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 750



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

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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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.



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**.



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**.



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.
- 🍳 While couscous cooks, pat **chicken*** or **salmon*** dry with paper towels. Season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Cook chicken until cooked through, 3-5 minutes per side, or cook salmon (**skin sides down**) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board to rest.



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 20 minutes; if carrots finish first, remove from oven and set aside.**



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.
- 🍳 Slice **chicken** crosswise (**skip slicing salmon!**). Serve chicken or **salmon** atop bowls.

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

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