

## **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



1 tsp | 1 tsp Turmeric



2 TBSP | 2 TBSP Maple Syrup



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



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.



## **HelloCustom**

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



10 oz | 20 oz **6** Chicken Cutlets



10 oz | 20 oz Salmon Contains: Fish





# **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

· Small bowl

• Paper towels 😉 🤄

- Baking sheet
- Small pot
- Kosher salt
- Black pepper
- Olive oil (2 TBSP | 3 TBSP)
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 😝 😉

#### **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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- (5) \*Chicken is fully cooked when internal temperature
- \*Salmon is fully cooked when internal temperature reaches 145°.



### 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. Ouarter 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\* or salmon\* dry with paper towels; season all over with salt and pepper. Heat a drizzle of oil in a large pan over mediumhigh 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.



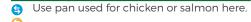
## **3 COOK COUSCOUS**

- 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 (21/4 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.



- 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 chicken or salmon atop bowls.