



# VEGAN MAPLE CARROT POWER BOWLS

with Turmeric-Toasted Couscous & Lemony Hummus

## INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz  
Kale



1 tsp | 2 tsp  
Garlic Powder



1 tsp | 1 tsp  
Turmeric



12 oz | 24 oz  
Carrots



1 TBSP | 1 TBSP  
Harissa Powder



2 TBSP | 2 TBSP  
Maple Syrup



½ Cup(s) | 1 Cup(s)  
Hummus  
Contains: Sesame



1 | 1  
Lemon



1 oz | 2 oz  
Dried Cranberries



½ oz | 1 oz  
Walnuts  
Contains: Treenuts



1 | 2  
Veggie Stock  
Concentrate



5 oz | 7½ oz  
Israeli Couscous  
Contains: Wheat



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THERE TOO. SCAN HERE TO GET HELP  
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## HelloCustom

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



10 oz | 20 oz  
\$ Salmon  
Contains: Fish

\$ Calories: 1180



10 oz | 20 oz  
\$ Chicken Cutlets

\$ Calories: 1020



PREP: 15 MIN | COOK: 30 MIN | CALORIES: 830



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
- Baking sheet
- Small pot
- Large pan
- Small bowl
- Kosher Salt
- Black Pepper
- Cooking Oil
- Olive Oil

## 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 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 ¼-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 **salmon\*** or **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 salmon (skin sides down) or chicken; cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more, or cook chicken until cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



### 4 COOK CARROTS

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **carrots, ¼ tsp harissa powder (½ 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**.



### 3 COOK COUSCOUS

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **couscous and ¼ tsp turmeric (½ tsp for 4 servings)**. Cook, stirring occasionally, until fragrant and toasted, 1-2 minutes.
- Add **stock concentrate, 1½ cups water (2¼ 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.



### 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 (skip slicing **salmon!**); serve atop bowls.

\*Fish is fully cooked when internal temperature reaches 145°.

\*Poultry is fully cooked when internal temperature reaches 165°.

Use pan used for **salmon** or **chicken** here.