



# 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?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



### 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°.