



# SWEET KALE & CHICKPEA COUSCOUS BOWLS

with Dried Apricots, Almonds & Pepper Jam Vinaigrette

## INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz  
Kale



1 | 2  
Chickpeas



1 tsp | 2 tsp  
Garlic Powder



1 oz | 2 oz  
Dried Apricots



1 | 2  
Red Pepper Jam



5 tsp | 5 tsp  
Red Wine Vinegar



2 | 4  
Veggie Stock Concentrates



4 oz | 8 oz  
Grape Tomatoes



½ oz | 1 oz  
Sliced Almonds  
Contains: Treenuts



5 oz | 10 oz  
Israeli Couscous  
Contains: Wheat



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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  
Shrimp  
Contains: Shellfish

Calories: 920



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 800



HELLO

### RED PEPPER JAM

Tangy, sweet, and just a little savory, this delectable spread stars in a flavorful dressing.

### ZIP-ZIP HOORAY

To quickly prep kale, hold the stem end with one hand, then pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

### BUST OUT

- Strainer
- Large bowl
- Aluminum foil
- Kosher Salt
- Black Pepper
- Baking sheet
- Small pot
- Whisk
- 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.*

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### 1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Remove and discard any large stems from **kale**. Drain and rinse **chickpeas**.



### 2 ROAST KALE & CHICKPEAS

- Place **kale** and **chickpeas** in a large bowl. Toss with **garlic powder, half the stock concentrates, a large drizzle of oil,** and a **pinch of salt and pepper.**
- Spread kale and chickpeas out in a single layer on a foil-lined baking sheet. Roast on top rack until slightly crispy, stirring halfway through, 18-22 minutes. (**For 4 servings, divide kale and chickpeas between two baking sheets and roast on top and middle racks, swapping rack positions halfway through.**) Wipe out bowl.



### 3 COOK COUSCOUS

- Meanwhile, in a small pot (**medium pot for 4 servings**), combine **couscous, remaining stock concentrate,** and **1 1/4 cups water (2 1/2 cups for 4).** Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



### 4 FINISH PREP & MIX DRESSING

- While couscous cooks, halve **tomatoes**.
- In bowl used for kale and chickpeas, whisk together **jam, half the vinegar (all for 4 servings), 1 TBSP olive oil (2 TBSP for 4),** and a **pinch of salt and pepper** until thoroughly combined.



### 5 TOSS VEGGIES & COUSCOUS

- To bowl with **dressing,** add **tomatoes and apricots.** Toss to combine.
- Transfer **roasted kale and chickpeas** and **cooked couscous** to bowl. Toss to combine; season with **salt and pepper** to taste.



### 6 SERVE

- Divide **kale and chickpea couscous** between bowls and top with **almonds.** Serve.

Serve **shrimp** atop **kale and chickpea couscous.**

- Rinse **shrimp\*** under cold water, then pat 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 shrimp and cook, stirring occasionally, until opaque and cooked through, 4-6 minutes. Transfer to a plate.

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