



# SPANAKOPITA SPINACH SALAD WITH COUSCOUS

plus Marinated Tomatoes, Roasted Carrots & Pistachios

## INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz  
Carrots



1 | 2  
Red Onion



1 tsp | 1 tsp  
Cumin



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



1 tsp | 1 tsp  
Garlic Powder



4 oz | 8 oz  
Grape Tomatoes



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



5 tsp | 5 tsp  
Red Wine Vinegar



5 oz | 10 oz  
Spinach



½ Cup | 1 Cup  
Feta Cheese  
Contains: Milk



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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  
Chicken Cutlets

Calories: 710



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 510





HELLO

## ISRAELI COUSCOUS

These tiny pasta pearls become pleasantly chewy once cooked.

### SIMPLE PLEASURES

Marinating tomatoes in vinegar, salt, and a bit of sugar is a small step that adds huge flavor! Use this simple trick to brighten up any salad (or try it on avocado toast!).

### BUST OUT

- Peeler
- Baking sheet
- Small pot
- Large bowl
- Whisk
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
- Olive oil (2 TBSP | 4 TBSP)
- Sugar (1/2 tsp | 1 tsp)

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate MORE IS MORE card for all the info you'll need!

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

### HOW WAS YOUR MEAL?



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### 1 START PREP & ROAST VEGGIES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and halve **carrots** lengthwise; slice into 1/2-inch-thick half moons. Halve, peel, and cut **onion** into 1/2-inch-thick wedges.
- Toss carrots and onion on a baking sheet with a **drizzle of oil**, **half the cumin (all for 4 servings)**, and a **pinch of salt and pepper**. Roast on the top rack until tender, 18-20 minutes.



### 3 FINISH PREP & MARINATE TOMATOES

- While couscous cooks, halve **tomatoes** and roughly chop **pistachios**.
- In a large bowl, whisk **half the vinegar**, **2 TBSP olive oil**, **1 tsp salt**, and **1/2 tsp sugar** until sugar is dissolved (**all the vinegar**, **4 TBSP olive oil**, **2 tsp salt**, and **1 tsp sugar for 4 servings**). Add tomatoes and toss until thoroughly coated.

- Pat **chicken\*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board.



### 2 COOK COUSCOUS

- While veggies roast, heat a **drizzle of oil** in a small pot over medium-high heat. Add **couscous** and **half the garlic powder (all for 4 servings)**; cook, stirring frequently, until garlic powder is fragrant and couscous is lightly toasted, 1-2 minutes.
- Stir in **3/4 cup water (1 1/4 cups for 4 servings)** 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 until ready to serve.



### 4 FINISH & SERVE

- Once **veggies** are roasted and **couscous** is cooked, stir into bowl with **marinated tomatoes**; add **spinach** and toss until spinach is slightly wilted.
- Divide **spinach salad** between bowls and top with **feta** and **pistachios**. Serve.
- Slice **chicken** crosswise. Top **salad** with chicken and garnish with **feta** and **pistachios**.

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