



NOV  
2016

## Crispy Chickpea Bowl

with Israeli Couscous and Roasted Herbed Veggies

While we love chickpeas in any form, we have to admit: when roasted, they're pretty spectacular. In this dish, crispy chickpeas meet nutty toasted couscous, creamy feta, and a whole slew of veggies. We only use half the chickpeas, but leftovers make an amazing snack!



**Prep:** 10 min  
**Total:** 30 min



level 1



nut  
free



veggie



Chickpeas



Zucchini



Heirloom Grape  
Tomatoes



Thyme



Scallions



Garlic



Lemon



Smoked  
Paprika



Israeli  
Couscous



Veggie Stock  
Concentrate



Feta  
Cheese

## Ingredients

	2 People	4 People
Chickpeas	½ Box	1 Box
Zucchini	1	2
Heirloom Grape Tomatoes	4 oz	8 oz
Thyme	¼ oz	¼ oz
Scallions	2	4
Garlic	2 Cloves	4 Cloves
Lemon	1	1
Smoked Paprika	1 tsp	2 tsp
Israeli Couscous	1) ¾ Cup	1½ Cups
Veggie Stock Concentrate	1	2
Feta Cheese	2) ½ Cup	1 Cup
Butter*	2) 1 TBSP	2 TBSP
Olive Oil*	2 tsp	4 tsp

\*Not Included

## Allergens

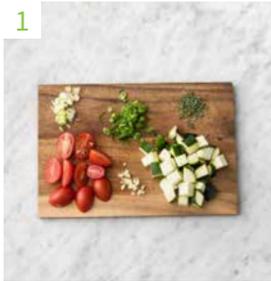
- 1) Wheat
- 2) Milk

## Tools

Strainer, Baking sheet, Baking dish, Medium pot

**Nutrition per person** Calories: 602 cal | Fat: 20 g | Sat. Fat: 8 g | Protein: 25 g | Carbs: 83 g | Sugar: 7 g | Sodium: 593 mg | Fiber: 14 g

1



**1 Preheat and prep:** Wash and dry all produce. Preheat oven to 425 degrees. Drain and rinse half the box of **chickpeas (save the rest for another use)**. Trim **zucchini** ends, then dice into ½-inch cubes. Halve **tomatoes**. Strip **thyme leaves** from **stems**. Discard stems. Thinly slice **scallions**, keeping **greens** and **whites** separate. Mince **garlic**. Halve **lemon**.

3



**2 Roast veggies:** Toss **zucchini, tomatoes**, and half the **thyme** on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Roast about 10 minutes, toss, then continue roasting until golden brown, about another 10 minutes.

4



**3 Roast chickpeas:** Toss **chickpeas** in a baking dish with **smoked paprika**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast about 10 minutes, toss, then continue roasting until crispy, about another 10 minutes.

**4 Cook Israeli couscous:** Heat **1 TBSP butter, garlic**, and **scallion whites** in a medium pot over medium-high heat. Add **Israeli couscous** and remaining **thyme**, and stir to coat in butter. Season with **salt** and **pepper**. Toss until slightly toasted, 2-3 minutes. Add **stock concentrate** and **1½ cups water**. Bring to a boil, then reduce to a simmer. Stir occasionally until al dente, 10-12 minutes.

5



**5 Finish couscous:** Add half the **roasted veggies**, half the **feta**, and a squeeze of **lemon** to cooked **couscous**. Season with **salt** and **pepper**.

**6 Plate:** Plate **couscous mixture**, and top with remaining roasted **veggies** and **crispy chickpeas**. Sprinkle with **scallion greens** and remaining **feta**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

