



# CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini and Heirloom Grape Tomatoes



## HELLO CRISPY CHICKPEAS

Roasted in the oven for a satisfying crunch

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 600**



Zucchini



Thyme



Garlic



Chickpeas



Israeli Couscous  
(Contains: Wheat)



Feta Cheese  
(Contains: Milk)



Heirloom Grape Tomatoes



Scallions



Lemon



Smoked Paprika



Veggie Stock Concentrate



## START STRONG

To strip thyme leaves from their stems, start by pinching them at their tips. Next, pull down, going against the direction that the leaves grow in—they should pop right off!

## BUST OUT

- 2 Baking sheets
- Strainer
- Medium pot
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                            |                     |
|----------------------------|---------------------|
| • 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               |
| • Chickpeas                | 6.7 oz   13.4 oz    |
| • Smoked Paprika           | 1 tsp   2 tsp       |
| • Israeli Couscous         | ¾ Cup   1½ Cups     |
| • Veggie Stock Concentrate | 1   2               |
| • Feta Cheese              | ½ Cup   1 Cup       |

## WINE CLUB

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## 1 PREHEAT AND PREP

**Wash and dry all produce.** Adjust racks to middle and upper position and preheat oven to 425 degrees. Trim **zucchini**, then cut into ½-inch cubes. Halve **tomatoes**. Strip **thyme leaves** from stems. Trim, then thinly slice **scallions**, keeping greens and whites separate. Mince **garlic**. Halve **lemon**.



## 4 TOAST COUSCOUS

Heat **1 TBSP butter**, **garlic**, and **scallion whites** in a medium pot over medium-high heat. Once butter is melted and garlic is fragrant, add **couscous** and remaining **thyme leaves**. Toss to coat. Season with **salt** and **pepper**. Cook, tossing, until couscous is lightly toasted, 2-3 minutes.



## 2 ROAST VEGGIES

Toss **zucchini**, **tomatoes**, and half of the **thyme leaves** on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven on middle rack until tender, about 20 minutes, tossing halfway through.



## 5 SIMMER COUSCOUS

Stir **stock concentrate** and **1½ cups water** into pot. Bring to a boil, then lower heat and reduce to a simmer. Cook until **couscous** is al dente, 10-12 minutes.



## 3 ROAST CHICKPEAS

Meanwhile, drain and rinse half the **chickpeas** from the box (use the rest as you like). On another baking sheet, toss chickpeas, **paprika**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven on upper rack until crisp, about 20 minutes, tossing halfway. **TIP:** The chickpeas may pop—it's natural.



## 6 FINISH AND PLATE

Add half the **veggies**, half the **feta cheese**, and a squeeze of **lemon** to pot with **couscous** and toss to combine. Season with **salt** and **pepper**. Divide couscous mixture between plates, then top with **chickpeas** and remaining veggies. Sprinkle with **scallion greens** and remaining feta cheese.

## SUPERB!

Make more crispy chickpeas with the extras and eat 'em as a snack.

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