



CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini and Heirloom Grape Tomatoes



HELLO

ISRAELI COUSCOUS

These tiny toasted pasta pieces become fluffy once cooked.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 570



Zucchini



Thyme



Scallions



Chickpeas



Israeli Couscous
(Contains: Wheat)



Feta Cheese
(Contains: Milk)



Heirloom Grape Tomatoes



Garlic



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
- Garlic 2 Cloves | 4 Cloves
- Scallions 2 | 4
- Lemon 1 | 1
- Chickpeas 13.4 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 PREP

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



4 TOAST COUSCOUS

Heat **1 TBSP butter** (2 TBSP for 4 servings), **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 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 **1 cup water** (2 cups for 4 servings) into pot. Bring to a boil, then lower heat and reduce to a simmer. Cook until **couscous** is al dente, 10-12 minutes. Drain any excess liquid, if necessary.



3 ROAST CHICKPEAS

Meanwhile, drain and rinse **chickpeas**. On a second baking sheet, toss half the chickpeas (all for 4 servings), **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 through. **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.

CHICKA BOOM!

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

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