



CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini and Grape Tomatoes



HELLO

CRISPY CHICKPEAS

Roasting in the oven turns these protein-packed legumes deliciously crunchy.

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



Zucchini



Thyme



Scallions



Chickpeas



Israeli Couscous
(Contains: Wheat)



Feta Cheese
(Contains: Milk)



Grape Tomatoes



Garlic



Lemon



Smoked Paprika



Veggie Stock
Concentrate

START STRONG

To prep your thyme in no time, pinch the stem near the top with one hand, then pull down with your other hand against the direction the leaves grow in. The leaves should pop right off!

BUST OUT

- 2 Baking sheets • Kosher salt
- Strainer • Black pepper
- Paper towels
- Medium pot
- Olive oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Zucchini 1 | 2
- 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

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP

Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry all produce.** Trim **zucchini**, then dice into ½-inch pieces. Halve **tomatoes**. Strip **thyme** leaves from stems; discard 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**; stir to coat. Season with **salt** and **pepper**. Cook, stirring, until couscous is lightly toasted, 2-3 minutes.



2 ROAST VEGGIES

Toss **zucchini**, **tomatoes**, and half the **thyme** on a baking sheet with a large drizzle of **olive oil**. Season with **salt** and **pepper**. Roast on middle rack, tossing halfway through, until tender, 15-20 minutes.



5 COOK COUSCOUS

Add **stock concentrate** and ¾ **cup water** (1½ cups for 4 servings) into pot with **couscous**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes. Drain any excess water, if necessary. Keep covered until ready to serve.



3 ROAST CHICKPEAS

Meanwhile, drain and rinse **chickpeas**. Pat as dry as possible with paper towels. On a second baking sheet, toss half the chickpeas (all the chickpeas for 4 servings) with **paprika**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast on top rack, tossing halfway through, until crisp, 18-20 minutes. **TIP:** It's natural for the chickpeas to pop a bit.



6 FINISH AND SERVE

Add half the **veggies**, half the **feta**, and a squeeze of **lemon juice** to pot with **couscous**; stir to combine. Season with **salt** and **pepper**. Divide between plates; top with roasted **chickpeas**, remaining **veggies**, **scallion greens**, and remaining **feta**.

CHICKA BOOM!

Try making a big batch of the crispy chickpeas again as a party app!

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