



Herby Asparagus and Tomato Bake

with Israeli Couscous, Oregano and Feta

VEGGIE

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Israeli Couscous



Oregano



Garlic



Pepitas



Grape Tomatoes



Feta Cheese



Vegetable Broth Concentrate



Balsamic Vinegar



Asparagus

HELLO ISRAELI COUSCOUS

Israeli couscous is a type of pasta shaped like a grain

START HERE

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Garlic Guide for Step 3:

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust Out

Large Non-Stick Pan, Baking Sheet, Garlic Press, Measuring Cups, Whisk, Medium Bowl, Measuring Spoons, Medium Pot

Ingredients

	2 Person	4 Person
Israeli Couscous	¾ cup	1 ½ cup
Oregano	7 g	7 g
Garlic	6 g	12 g
Pepitas	28 g	56 g
Grape Tomatoes	113 g	227 g
Feta Cheese	100 g	200 g
Vegetable Broth Concentrate	1	2
Balsamic Vinegar	1 tbsp	2 tbsp
Asparagus	227 g	454 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



1. COOK COUSCOUS

Heat a medium pot over medium-high heat. Add **1 tbsp oil** (dbl for 4 ppl), then **couscous**. Cook, stirring often, until **couscous** starts to brown, 1-2 min. Add **1 ½ cups water** (dbl for 4 ppl) and **broth concentrate(s)**. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cover and simmer, until **couscous** is tender, 8-10 min.



4. ROAST VEGGIES

Toss the **tomatoes, asparagus** and **remaining oregano** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until **tomatoes** start to burst and **asparagus** is golden-brown and tender, 6-7 min.



2. PREP

While the **couscous** boils, trim and discard the bottom 1-inch from **asparagus**. Roughly chop **2 tbsp oregano leaves**. Cut **feta** lengthwise into **4 pieces** (8 pieces for 4 ppl). Peel, then mince or grate **garlic**.



5. TOAST PEPITAS

While the **feta** marinates, heat a large non-stick pan over medium heat. When hot, add **pepitas** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)



3. MARINATE FETA

Whisk together **half the oregano, vinegar, 2 tbsp oil** and **¼ tsp garlic** (dbl both for 4 ppl) in a medium bowl. (**NOTE:** Reference Garlic Guide.) Season with **pepper**. Add the **feta slices** to the **marinade** and gently stir to coat. Set aside. (**NOTE:** Don't worry if the feta breaks into smaller pieces, this technique will still work.)



6. FINISH AND SERVE

Divide **couscous** between plates. Top with **roasted veggies** and **marinated feta**. Drizzle over **remaining marinade**. Sprinkle over **pepitas**.

Dinner Solved!