

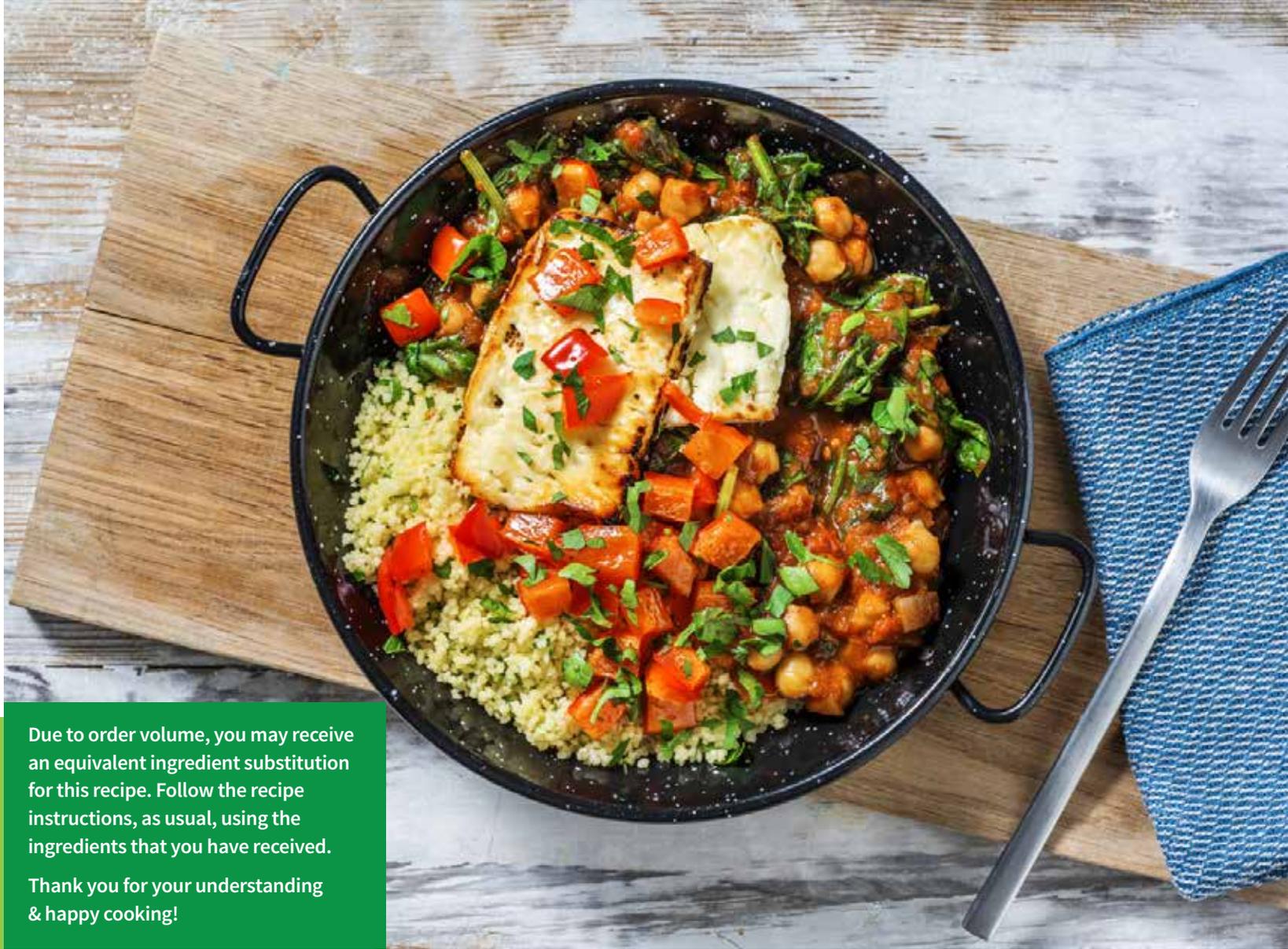


Honey-Broiled Feta

with Turkish Chickpeas and Spinach on Couscous

Veggie

25 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!



Feta Cheese



Chickpeas



Couscous



Shallot



Sweet Bell Pepper



Parsley



Turkish Spice Blend



Crushed Tomatoes



Baby Spinach



Vegetable Broth Concentrate



Honey

HELLO HONEY AND FETA

Sweet and salty combine for the perfect veggie topper!

Start here

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

Bust Out

Baking sheet, measuring cups & spoons, silicone brush, aluminum foil, medium pot, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Feta Cheese	200 g	400 g
Chickpeas	398 ml	796 ml
Couscous	½ cup	1 cup
Shallot	50 g	100 g
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Turkish Spice Blend	1 tbsp	2 tbsp
Crushed Tomatoes	398 ml	796 ml
Baby Spinach	56 g	113 g
Vegetable Broth Concentrate	1	2
Honey	1 tbsp	2 tbsp
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.

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Prep

Core, then cut **bell pepper** into ½-inch pieces. Roughly chop **parsley**. Peel, then dice **shallot**. Cut **feta** into **4 pieces** (dbl for 4ppl).



Broil feta & peppers

While **sauce** simmers, lightly oil a foil-lined baking sheet. Stir together **remaining honey** and **½ tbsp oil** (dbl for 4ppl) in a small bowl. Arrange **feta** on one side of prepared sheet and brush with **honey-oil mixture**. On other side of the baking sheet, toss **peppers** with **½ tbsp oil** (dbl for 4ppl). Season with **salt** and **pepper**. Broil in the **middle** of the oven until **peppers** are tender-crisp and **feta** is golden-brown, 5-7 min (**TIP**: Keep your eye on them so they don't burn!).



Cook couscous

Combine **broth concentrate**, **⅔ cup water** and **1 tbsp butter** (dbl both for 4ppl) in a medium pot. Cover and bring to a boil over high heat. Once boiling, remove pot from heat, then add the **couscous**. Stir together. Cover and let stand for 5 min.



Fluff couscous

Fluff **couscous** with a fork, then stir in **peppers** and **half the parsley**. Season with **salt** and **pepper**.



Cook chickpeas

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **shallots**. Cook, stirring occasionally, until softened, 3-4 min. Add **Turkish spice blend**, **chickpeas** (including their can liquid) **crushed tomatoes** and **half the honey**. Cook, stirring occasionally, until slightly thickened, 5-7 min. Stir **spinach** into **sauce** until wilted, 1 min. Season with **salt** and **pepper**.



Finish & serve

Divide **couscous** between bowls. Top with **Turkish chickpeas** and **sauce** from pan. Top with **broiled feta** and sprinkle over **remaining parsley**.

Dinner Solved!