



AUG  
2016

## Israeli Couscous Bowl

with Feta, Herbed Veggies, and Crispy Chickpeas

You haven't tasted chickpeas until you've tried them roasted. Trust us, the delicious crunch is absolutely worth the wait. (Bonus: we only use half, so you'll have leftovers to snack on!) They're tossed with buttery couscous and roasted veggies for a hearty meat-free dinner.



**Prep:** 5 min  
**Total:** 30 min



level 1



nut  
free



veggie



Israeli  
Couscous



Chickpeas



Zucchini



Heirloom Grape  
Tomatoes



Feta  
Cheese



Scallions



Vegetable Stock  
Concentrate



Smoked  
Paprika

## Ingredients

	2 People	4 People
Israeli Couscous	1) ¾ Cup	1½ Cups
Chickpeas	½ Box	1 Box
Zucchini	1	2
Heirloom Grape Tomatoes	4 oz	8 oz
Feta Cheese	2) ¼ Cup	½ Cup
Scallions	2	4
Vegetable Stock Concentrate	1	2
Smoked Paprika	1 t	2 t
Butter*	2) 1 T	2 T
Olive oil*	2 t	4 t

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Strainer, 2 Baking sheets, Small pot

**Nutrition per person** Calories: 552 cal | Fat: 17 g | Sat. Fat: 6 g | Protein: 22 g | Carbs: 77 g | Sugar: 6 g | Sodium: 433 mg | Fiber: 12 g

Ruler

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1



**1 Prep: Wash and dry all produce.** Preheat the oven to 425 degrees. Dice the **zucchini** into ½-inch cubes. Halve the **tomatoes**. Thinly slice the **scallions**, keeping the **whites** and **greens** separate. Drain and rinse the **chickpeas**.

2



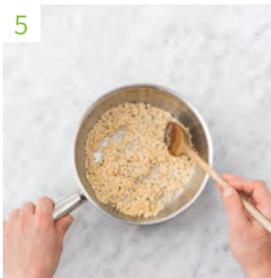
**2 Roast the veggies:** Toss the **zucchini** and **tomatoes** on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Place in the oven for 20 minutes, tossing once, until golden brown and softened.

3



**3 Roast the chickpeas:** Toss the **chickpeas** onto another baking sheet with the **paprika**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place in the oven for 20 minutes, tossing once, until crispy.

5



**4 Cook the couscous:** Heat **1 Tablespoon butter** in a small pot over medium-high heat. Add the **Israeli couscous**, then stir to coat in the butter. Toss 2-3 minutes, until toasted. Add the **stock concentrate** and **1¼ cups water** to the pot. Bring to boil, cover, and reduce to a low simmer for 10-12 minutes, until al dente. Halfway through cooking, stir in the **scallion whites**.

**5 Finish the couscous:** Stir half the **roasted veggies** and half the **feta** into the cooked **couscous**. Season with **salt** and **pepper**.

**6 Plate:** Plate the **couscous mixture** before adding the remaining **roasted veggies**. Top with a handful of the **crispy chickpeas**. Sprinkle with the **scallion greens** and remaining **feta**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics and you'll be entered into our weekly photo contest!

