



ZUCCHINI & CHICKPEA TAGINE

with Couscous & Chermoula



HELLO CHERMOULA

A bright, herby sauce hailing from North Africa, made here with cilantro and jalapeño

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 920



Zucchini



Garlic



Lemon



Chickpeas



Veggie Stock Concentrates



Tunisian Spice Blend



Dried Apricots



Yellow Onion



Cilantro



Jalapeño



Sour Cream (Contains: Milk)



Couscous (Contains: Wheat)



Sliced Almonds (Contains: Tree Nuts)



Hot Sauce

START STRONG

Fluffing couscous before serving is a simple (but essential!) step. Why go through the trouble? A fork helps make sure each grain keeps its individual texture, yielding light and tender results (the way it's meant to be).

BUST OUT

- Zester
- Large pan
- Strainer
- Black pepper
- Paper towels
- Kosher salt
- 2 Small bowls
- Small pot
- Olive oil (3 TBSP | 4 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Zucchini 1 | 2
- Yellow Onion 1 | 2
- Cilantro ¼ oz | ½ oz
- Garlic 2 Cloves | 4 Cloves
- Lemon 1 | 2
- Jalapeño 1 | 2
- Chickpeas 13.4 oz | 26.8 oz
- Sour Cream 4 TBSP | 8 TBSP
- Veggie Stock Concentrates 2 | 4
- Couscous ½ Cup | 1 Cup
- Tunisian Spice Blend 1 TBSP | 2 TBSP
- Sliced Almonds ½ oz | 1 oz
- Dried Apricots 1 oz | 2 oz
- Hot Sauce 1 tsp | 2 tsp

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

HelloFresh.com/Wine



HelloFRESH



1 PREP

Wash and dry all produce. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Halve, peel, and dice **onion**. Mince **cilantro** leaves and stems. Mince or grate **garlic**. Zest and halve **lemon** (halve both lemons for 4 servings). Mince **jalapeño**, removing ribs and seeds for less heat. Drain and rinse **chickpeas**; pat dry with paper towels.



4 COOK VEGGIES

Heat a large drizzle of **olive oil** in large pan over medium-high heat. Add **zucchini** and remaining **onion**. Cook, stirring, until softened and lightly browned, 5-7 minutes (7-10 minutes for 4 servings). Add **Tunisian Spice**, remaining **garlic**, and a big pinch of **salt**. Cook, stirring, until fragrant, 1-2 minutes.



2 MAKE CHERMOULA & LEMON CREAM

In a small bowl, combine **cilantro**, **2 TBSP olive oil** (3 TBSP for 4 servings), a pinch of **garlic**, **salt**, **pepper**, **lemon juice** to taste, and as much **jalapeño** as you like. Taste and add more garlic if desired. In a separate small bowl, combine **sour cream**, as much **lemon zest** as you like, and a pinch of **salt**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



5 SIMMER TAGINE

Stir ⅓ **cup water** (⅔ cup for 4 servings) and remaining **stock concentrates** into pan. Stir in **chickpeas** and bring to a low simmer. Cook until liquid is slightly reduced, 1-2 minutes. Reduce heat to low; stir in **1 TBSP butter** (2 TBSP for 4) until melted. Season with **salt** and **pepper**.



3 COOK COUSCOUS

Heat a drizzle of **olive oil** in a small pot over medium-high heat. Add a quarter of the **onion**; cook, stirring, until just softened, 2-3 minutes. Stir in ¾ **cup water** (1½ cups for 4 servings), half the **stock concentrates** (you'll use the rest later), and a pinch of **salt**. Bring to a boil, then stir in **couscous**. Turn off heat, then cover and let stand until water has absorbed and couscous is tender. Keep covered until ready to serve.



6 FINISH & SERVE

Fluff **couscous** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings) and season with **salt** and **pepper**. Divide couscous between plates and top with **tagine**. Sprinkle with **almonds** and **apricots**. (**TIP:** Toast almonds before adding if you like.) Drizzle with **lemon cream** and **chermoula**. Drizzle with **hot sauce** if desired. Cut remaining **lemon** into wedges; serve on the side.

FEELIN' SAUCY

Try making chermoula again to drizzle over roasted cauliflower.

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com

WK.1 NU-20