



CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Zucchini and Heirloom Grape Tomatoes



HELLO CRISPY CHICKPEAS

Roasted in the oven for a satisfying crunch

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 610**



Zucchini



Thyme



Garlic



Chickpeas



Israeli Couscous
(Contains: Wheat)



Feta Cheese
(Contains: Milk)



Heirloom Grape Tomatoes



Scallions



Lemon



Smoked Paprika



Veggie Stock Concentrate

START STRONG

Make sure to give the chickpeas a rinse under running water in a strainer or colander—the liquid they're packed in has extra starches that should be washed away.

BUST OUT

- 2 Baking sheets
- Strainer
- Medium pot
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Zucchini 1 | 2
- Heirloom Grape Tomatoes 4 oz | 8 oz
- Thyme ¼ oz | ¼ oz
- Scallions 2 | 4
- Garlic 2 Cloves | 4 Cloves
- Lemon 1 | 1
- Chickpeas ½ Box | 1 Box
- Smoked Paprika 1 tsp | 2 tsp
- Israeli Couscous ¾ Cup | 1½ Cups
- Veggie Stock Concentrate 1 | 2
- Feta Cheese ½ Cup | 1 Cup

HELLO WINE



PAIR WITH
Zeste Central Coast
Sauvignon Blanc, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Trim **zucchini**, then cut into ½-inch cubes. Halve **tomatoes** lengthwise. Strip **thyme** leaves from stems; discard stems. Trim, then thinly slice **scallions**, keeping greens and whites separate. Mince or grate **garlic**. Halve **lemon**.



4 TOAST COUSCOUS

Heat 1 TBSP **butter**, **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**. Toss to coat. Season with **salt** and **pepper**. Cook, tossing, until couscous is lightly toasted, 2-3 minutes.



2 ROAST VEGGIES

Toss **zucchini**, **tomatoes**, and half the **thyme** on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven until tender, about 20 minutes, tossing halfway through.



5 SIMMER COUSCOUS

Stir **stock concentrate** and 1½ **cups water** into pot. Bring to a boil, then lower heat and reduce to a simmer. Cook until couscous is al dente, 10-12 minutes.



3 ROAST CHICKPEAS

Meanwhile, drain and rinse half the **chickpeas** from the box (use the rest as you like). On another baking sheet, toss **chickpeas**, **smoked paprika**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven until crisp, about 20 minutes, tossing halfway through. **TIP:** The chickpeas may pop—it's natural.



6 FINISH AND PLATE

Add half the **veggies**, half the **feta cheese**, and a squeeze of **lemon** to pot with couscous and toss to combine. Season with **salt** and **pepper**. Divide **couscous mixture** between plates, then top with **chickpeas** and remaining **veggies**. Sprinkle with **scallion greens** and remaining feta cheese.

SUPERB!

Make more crispy chickpeas with the extras and eat 'em as a snack.

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