



# MEDITERRANEAN BAKED VEGGIES

with Couscous, Almonds, and Feta



## HELLO

### ISRAELI COUSCOUS

These tiny toasted pasta pieces become fluffy once cooked.



Garlic



Thyme



Grape Tomatoes



Israeli Couscous  
(Contains: Wheat)



Feta Cheese  
(Contains: Milk)



Asparagus



Veggie Stock Concentrates



Scallions



Sliced Almonds  
(Contains: Tree Nuts)

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 500

## START STRONG

If you have an extra moment, gently toast the almonds in the oven or in a pan to bring out their flavor.

## BUST OUT

- Small pot
- Baking sheet
- Medium pot
- Olive oil (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 2 Cloves | 4 Cloves
- Asparagus 8 oz | 16 oz
- Thyme ¼ oz | ½ oz
- Veggie Stock Concentrates 2 | 4
- Grape Tomatoes 4 oz | 8 oz
- Scallions 2 | 4
- Israeli Couscous ¾ Cup | 1½ Cups
- Sliced Almonds 1 oz | 2 oz
- Feta Cheese ½ Cup | 1 Cup

## WINE CLUB

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## 1 PREP

Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry all produce.** Mince or grate **garlic**. Trim and discard woody bottoms from **asparagus**, then cut into 3-inch pieces. Strip **thyme leaves** from stems. Discard stems; roughly chop leaves. Combine **stock concentrates** and **1 cup water** in a small pot and bring to a simmer over medium heat.



## 4 TOAST COUSCOUS

Add **couscous** and remaining **thyme** to pot. Cook, stirring, until grains are lightly toasted, about 1 minute.



## 2 ROAST VEGGIES

Toss **garlic, asparagus, tomatoes**, and half the **thyme** on a baking sheet with a drizzle of **olive oil, salt**, and **pepper**. Roast on middle rack, tossing halfway through, until asparagus is tender and tomatoes burst, about 20 minutes.



## 5 SIMMER COUSCOUS

Pour simmering **stock** into pot with **couscous**. Reduce heat to low, cover, and simmer until tender, 8-10 minutes.



## 3 COOK SCALLION WHITES

Meanwhile, trim and thinly slice **scallions**, separating whites from greens. Melt **1 TBSP butter** in a medium pot over medium heat. Add scallion whites and cook, stirring, until fragrant, 1-2 minutes.



## 6 FINISH AND SERVE

Fluff **couscous** with a fork; season with **salt** and **pepper**. Divide between plates, then top with **roasted veggies**. Sprinkle with **almonds, feta**, and **scallion greens**.

## LOVE ON TOP

Crunchy almonds and creamy, salty feta add a dynamic finishing touch.

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