



# CHICKPEA-POWERED MEDITERRANEAN COUSCOUS

with Roasted Veggies and Goat Cheese



## HELLO

### MEDITERRANEAN VIBES

This dish takes inspiration from the fresh flavours of the Mediterranean

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 481



Chickpeas



Smoked Paprika



Zucchini



Thyme



Garlic



Lemon



Grape Tomatoes



Vegetable Broth Concentrate



Israeli Couscous



Goat Cheese

## BUST OUT

- 2 Baking Sheets
- Paper Towel
- Garlic Press
- Measuring Cups
- Zester
- Strainer
- Measuring Spoons
- Medium Pot
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- |                               |       |  |        |
|-------------------------------|-------|--|--------|
| • Chickpeas                   | 1 can |  | 2 can  |
| • Smoked Paprika              | ½ tsp |  | 1 tsp  |
| • Zucchini                    | 227 g |  | 454 g  |
| • Thyme                       | 10 g  |  | 10 g   |
| • Garlic                      | 10 g  |  | 20 g   |
| • Lemon                       | 1     |  | 2      |
| • Grape Tomatoes              | 113 g |  | 227 g  |
| • Vegetable Broth Concentrate | 1     |  | 2      |
| • Israeli Couscous 1          | ¾ cup |  | 1½ cup |
| • Goat Cheese 2               | 28 g  |  | 56 g   |

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- |                        |                           |
|------------------------|---------------------------|
| 0 Seafood/Fruit de Mer | 6 Mustard/Moutarde        |
| 1 Wheat/Blé            | 7 Peanut/Cacahuète        |
| 2 Milk/Lait            | 8 Sesame/Sésame           |
| 3 Egg/Oeuf             | 9 Sulphites/Sulfites      |
| 4 Soy/Soja             | 10 Crustacean/Crustacé    |
| 5 Tree Nut/Noix        | 11 Shellfish/Fruit de Mer |

\*Laver et sécher tous les aliments.



## START STRONG

Preheat the oven to **450°F** (to roast the chickpeas, zucchini and tomatoes). Start prepping when the oven comes up to temperature!



### 1 ROAST CHICKPEAS

Drain and rinse the **chickpeas**. Arrange chickpeas on a baking sheet and gently pat them dry with paper towels. Sprinkle over **½ tsp smoked paprika** (double for 4 ppl) and **1 tbsp oil** (double for 4 ppl) toss to coat. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through roasting, until golden-brown, 24-26 min.



### 4 COOK COUSCOUS

Meanwhile, heat a medium pot over medium-high heat. Add a drizzle of **oil**, then the **garlic** and **couscous**. Toast, stirring occasionally, until the couscous is lightly golden, 2-3 min. Add the **broth concentrate(s)** and **1 ½ cups water** (double for 4 ppl). Bring to a boil, then reduce heat to medium-low. Cover and simmer until the couscous is tender, 8-10 min.



### 2 PREP

Meanwhile, **wash and dry all produce.\*** Cut the **zucchini** into ½-inch pieces. Strip **1 tbsp thyme leaves** (double for 4 people) from stems. Mince or grate the **garlic**. Zest and juice **half the lemon** (1 lemon for 4 ppl). Cut the **remaining lemon** into wedges.



### 5 FINISH COUSCOUS

Stir the **roasted veggies, remaining thyme, 1 tbsp lemon juice** (double for 4 ppl) and **2 tbsp oil** (double for 4 ppl) into the **couscous**. Sprinkle the **lemon zest** over the **roasted chickpeas** and toss to coat.



### 3 ROAST VEGGIES

On another baking sheet, toss the **zucchini, tomatoes** and **half the thyme** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, until the tomatoes start to burst, 12-14 min.



### 6 FINISH AND SERVE

Divide the **couscous** between bowls. Sprinkle over the **chickpeas** and **goat cheese**. Squeeze over a **lemon wedge**, if desired.

## LEGUME LOVE!

This hearty chickpea dish is packed with protein and fibre.

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