

# SHAWARMA CHICKPEA COUSCOUS BOWLS

with Roasted Veggies, Pickled Shallot & Harissa Yogurt Sauce

# **INGREDIENTS**

2 PERSON | 4 PERSON



9 oz | 18 oz Carrots



1 | 2 Bell Pepper\*



½ Cup | 1 Cup Israeli Couscous



1 tsp | 2 tsp



1|1 Lemor



2 TBSP | 4 TBSP Yogurt



1 TBSP | 1 TBSP Harissa Powder



Cilantro

13.4 oz | 26.8 oz Chickpeas

1 TBSP | 2 TBSP

Shawarma Spice Blend

Veggie Stock

Concentrate

1 2



2 TBSP | 4 TBSP Sour Cream Contains: Milk



1 oz | 2 oz Dried Apricots

## **HELLO**

#### HARISSA YOGURT SAUCE

This creamy condiment balances cooling yogurt with smoky, spicy harissa powder.



38.9 SHAWARMA CHICKPEA COUSCOUS BOWLS NJ.indd 1

<sup>\*</sup> Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

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### **WE PROPOSE A TOAST**

When toasting the couscous in step 5, stir until the pearls are evenly coated in butter and lightly golden. Toasting helps turn up the grain's natural nuttiness, providing an extra layer of savory flavor.

#### **BUST OUT**

- Peeler
- Strainer
- Paper towels
- 2 Baking sheets
- · 2 Small bowls
- Medium pot
- Kosher salt
- Black pepper
- Sugar
- Olive oil (5 tsp | 5 tsp)
- Butter (1 TBSP | 2 TBSP) Contains Mill

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#### 1 PREP

- Adjust racks to middle and top positions and preheat oven to 425 degrees. Wash and dry all produce.
- Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces. Drain, rinse, and pat chickpeas dry with paper towels. Halve, core, and thinly slice **bell pepper** into strips.



#### **2 PREP VEGGIES & CHICKPEAS**

- Toss carrots on a baking sheet with a large drizzle of olive oil, 1 tsp Shawarma Spice, salt, and pepper.
- Toss chickpeas on one side of a separate baking sheet with a large drizzle of **olive oil**. 1 tsp Shawarma Spice (be sure to measure), salt, and pepper. Toss bell pepper on empty side with a drizzle of olive oil salt. and pepper.
- 4 SERVINGS: Use 2 tsp Shawarma Spice with both carrots and chickpeas.



#### **3 ROAST VEGGIES & CHICKPEAS**

- Roast carrots on middle rack and chickpeas and bell pepper on top rack until veggies are browned and tender and chickpeas are crispy, 25-30 minutes.
- TIP: It's natural for the chickpeas to pop a bit. Check on your veggies and chickpeas after 20 minutes: if carrots finish first, remove from oven and set aside

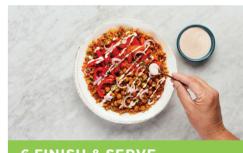


#### **4 PICKLE SHALLOT & MAKE SAUCE**

- Meanwhile, halve, peel, and thinly slice shallot. Quarter lemon. Finely chop cilantro.
- In a small bowl, combine shallot, juice from half the **lemon**, a pinch of **sugar**, and salt. Set aside to pickle.
- In a separate small bowl, combine yogurt, sour cream, ¼ tsp garlic powder (you'll use the rest in the next step), a squeeze of **lemon juice**, and as much harissa as you like. Add water 1 tsp at a time until mixture reaches a drizzling consistency. Season with salt and pepper.
- 4 SERVINGS: Use ½ tsp garlic powder.



- Melt 1 TBSP butter in a medium pot over medium-high heat. Add couscous and cook, stirring, until lightly toasted, 2-3 minutes.
- Add stock concentrate, 3/4 cup water, remaining garlic powder, and a big pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes, Keep covered off heat.
- 4 SERVINGS: Use 2 TBSP butter and 1½ cups water.



#### 6 FINISH & SERVE

- Once veggies are done, stir apricots into couscous; season with salt and pepper.
- Divide couscous between bowls: arrange chickpeas, bell pepper, and carrots on top in separate sections. Drizzle with yogurt sauce. Top with cilantro and as much pickled shallot (draining first) as you like. Halve remaining lemon wedge and serve on the side.