



# SHAWARMA CHICKPEA COUSCOUS BOWLS

with Roasted Veggies, Pickled Shallot & Harissa Yogurt Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz  
Carrots



13.4 oz | 26.8 oz  
Chickpeas



1 | 2  
Bell Pepper\*



1 TBSP | 2 TBSP  
Shawarma Spice Blend



½ Cup | 1 Cup  
Israeli Couscous  
Contains: Wheat



1 | 2  
Veggie Stock Concentrate



1 tsp | 2 tsp  
Garlic Powder



1 | 2  
Shallot



1 | 1  
Lemon



¼ oz | ¼ oz  
Cilantro



2 TBSP | 4 TBSP  
Yogurt  
Contains: Milk



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



1 TBSP | 1 TBSP  
Harissa Powder



1 oz | 2 oz  
Dried Apricots

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

## HELLO

### HARISSA YOGURT SAUCE

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



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 770





## 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: Milk

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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.



### 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.**



### 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.**



### 5 COOK COUSCOUS

- 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**, **¾ 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.**



### 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.**



### 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.