



Loaded Couscous and Spiced Chickpea Bowls

with Lemon-Tahini Sauce

Veggie

35 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

+ Add



Chicken Breasts
2 | 4

+ Add



Double Chicken Breasts
4 | 8



Chickpeas
1 | 2



Pearl Couscous
¾ cup | 1 ½ cups



Sweet Potato
2 | 4



Zucchini
1 | 2



Lemon
1 | 2



Parsley
7 g | 14 g



Feta Cheese, crumbled
½ cup | 1 cup



Mayonnaise
2 tbsp | 4 tbsp



Tahini Sauce
2 tbsp | 4 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp



Dill-Garlic Spice Blend
1 tsp | 2 tsp



Garlic Spread
2 tbsp | 4 tbsp



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

1



Prep and roast chickpeas

- Before starting, preheat the oven to 450°F. Wash and dry all produce.
- Drain and rinse **chickpeas**, then pat dry with paper towels. Remove any skins that may have fallen off.
- To a parchment-lined baking sheet, add **chickpeas**, **Dill-Garlic Spice Blend**, **half the Zesty Garlic Spice Blend**, **¼ tsp** (½ tsp sugar) and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**. Toss to coat.
- Roast **chickpeas** in the **top** of the oven for 22-25 min, stirring halfway through, until golden and crispy.

2



Boil water and prep veggies

- While **chickpeas** roast, to a medium pot, add **6 cups water** and **1 tsp salt** (use same for 4 servings). Cover and bring to a boil over high heat.
- Meanwhile, peel, then cut **sweet potato** into ¼-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.

3



Roast veggies

+ Add | **Chicken Breasts**

+ Add | **Double Chicken Breasts**

- To an unlined baking sheet, add **sweet potato**, **zucchini**, **remaining Zesty Garlic Blend** and **1 tbsp** (2 tbsp) **oil**. (**NOTE:** For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 16-18 min, stirring halfway through, until tender and golden. (**NOTE:** For 4 servings, roast in the middle and bottom of the oven, switching baking sheet positions halfway through.)

4



Cook couscous and finish prep

- To the boiling water, add **couscous**. Cook uncovered for 8-10 min, stirring occasionally, until tender.
- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Roughly chop **parsley**.
- To a small bowl, add **tahini sauce**, **mayo** and **1 tsp** (2 tsp) **lemon juice**. Season with **salt** and **pepper**. Stir to combine.

5



Finish couscous

- Strain **couscous**, then return to the pot, off heat.
- Add **garlic spread**, **lemon zest** and **half the parsley**. Season with **salt** and **pepper**. Stir for 30 sec, until **garlic spread** melts.
- Add **roasted veggies**. Stir to combine.

6



Finish and serve

+ Add | **Chicken Breasts**

+ Add | **Double Chicken Breasts**

- Divide **couscous** between bowls.
- Top with **crispy chickpeas**.
- Drizzle with **lemon-tahini sauce**.
- Sprinkle **feta** and **remaining parsley** over top.
- Squeeze a **wedge of lemon** over top, if you like.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Roast veggies and cook chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, while **veggies** are roasting, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry for 6-7 min on one side until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.** Remove from heat.

3 | Roast veggies and cook chicken

+ Add | **Double Chicken Breasts**

If you've opted to add **double chicken breasts**, while **veggies** are roasting, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. (**NOTE:** Don't crowd the pan; work in batches if needed.) Pan-fry for 6-7 min on one side until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.** Remove from heat.

6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Top bowls with **chicken**.

6 | Finish and serve

+ Add | **Double Chicken Breasts**

Thinly slice **chicken**. Top bowls with **chicken**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F.