

HELLO Loaded Couscous and Spiced Chickpea Bowls

with Lemon-Tahini Sauce

Veggie

(C) Swap

35 Minutes

2 Double





you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and

Breasts (

Breasts (



Chickpeas



1 2

Pearl Couscous 3/4 cup | 1 1/2 cups



Sweet Potato



2 | 4





1 | 2





crumbled ½ cup | 1 cup



2 tbsp | 4 tbsp







2 tbsp | 4 tbsp

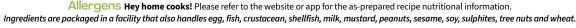
Blend 1 tbsp | 2 tbsp



Dill-Garlic Spice Blend 1tsp | 2tsp



Garlic Spread 2 tbsp | 4 tbsp



Cooking utensils | 2 baking sheets, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, small bowl, strainer, vegetable peeler, zester



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.



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 1/4-inch pieces.
- Halve zucchini lengthwise, then cut into ½-inch half-moons.



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.)



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.



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.



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.

chicken + Add | Chicken Breasts

3 | Roast veggies and cook

1 tbsp

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.

Measurements

within steps

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.