



MEDITERRANEAN HUMMUS & COUSCOUS BOWLS

with Cucumber Salad & Lemon Cream



HELLO
Sabra Classic Hummus is a simple, flavorful blend of chickpeas, garlic, and tahini (made from toasted ground sesame seeds), which brings a creamy richness to this dish.

PREP: 10 MIN | TOTAL: 25 MIN | CALORIES: 580

-  Bell Pepper*
-  Grape Tomatoes
-  Dill
-  Sour Cream (Contains: Milk)
-  Couscous (Contains: Wheat)
-  Smoked Paprika
-  Turkish Spice Blend
-  Persian Cucumber
-  Lemon
-  Veggie Stock Concentrate
-  Sabra Classic Hummus
-  Feta Cheese (Contains: Milk)

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

START STRONG

For a restaurant-style finish, top your hummus with a drizzle of olive oil (extra-virgin if you have it!) in step 6. This'll add a touch of rich flavor and help make the spread extra-velvety.

BUST OUT

- Baking sheet
- Zester
- 3 Small bowls
- Small pot
- Olive oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

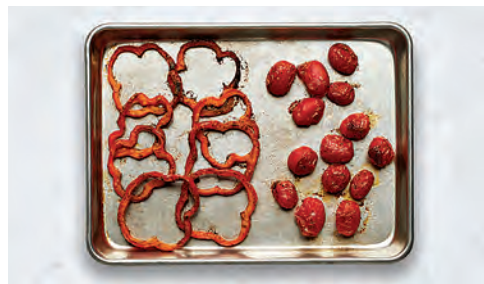
- Bell Pepper **1 | 2**
- Turkish Spice Blend **1 TBSP | 2 TBSP**
- Grape Tomatoes **4 oz | 8 oz**
- Persian Cucumber **1 | 2**
- Dill **¼ oz | ½ oz**
- Lemon **1 | 1**
- Sour Cream **4 TBSP | 8 TBSP**
- Veggie Stock Concentrate **1 | 2**
- Couscous **½ Cup | 1 Cup**
- Sabra Classic Hummus **4 TBSP | 8 TBSP**
- Smoked Paprika **1 tsp | 1 tsp**
- Feta Cheese **½ Cup | 1 Cup**

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 ROAST VEGGIES

Preheat oven to 425 degrees. **Wash and dry all produce.** Core, deseed, and thinly slice **bell pepper**. Toss on one side of a baking sheet with a drizzle of **olive oil**, half the **Turkish Spice, salt, and pepper**. Toss **tomatoes** on empty side with a drizzle of **olive oil, salt, and pepper**. Roast on top rack until bell pepper is browned and softened and tomatoes begin to burst, 15-17 minutes. (For 4 servings, use 2 baking sheets; roast tomatoes on middle rack and bell pepper on top rack.)



4 COOK COUSCOUS

In a small pot, combine $\frac{3}{4}$ **cup water** (1½ cups for 4 servings), **stock concentrate**, remaining **Turkish Spice, 1 TBSP butter** (2 TBSP for 4), and a pinch of **salt**. Bring to a boil, then stir in **couscous**. Cover and remove from heat. Let stand until water has absorbed and couscous is tender, at least 5 minutes or until ready to serve.

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2 PREP

Meanwhile, trim and halve **cucumber** lengthwise; thinly slice crosswise into half-moons. Pick and roughly chop fronds from **dill**. Zest and quarter **lemon**.



5 SEASON HUMMUS

In a third small bowl, combine **hummus** and **paprika** to taste (start with a pinch, then taste and add more from there if desired).



3 MAKE SALAD & LEMON CREAM

In a small bowl, combine **cucumber**, half the **dill**, a squeeze of **lemon juice**, a drizzle of **olive oil, salt, and pepper**. In a separate small bowl, combine **sour cream**, a squeeze of lemon juice to taste, **salt, and pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



6 FINISH & SERVE

Fluff **couscous** with a fork; stir in **lemon zest, salt, and pepper**; divide between bowls. Top with **bell pepper, tomatoes, cucumber salad, feta, and hummus**. Drizzle with **lemon cream** and sprinkle with remaining **dill**. Serve with any remaining **lemon wedges** on the side.

COOL AS A

Try making this dill-icious cucumber salad again to serve alongside falafel.

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