



HOME CHEF

# Curried Couscous with Roasted Chickpeas

With Broccoli and Feta Cheese



This smash hit dish is a mish-mash of Mediterranean flavors that we love. It starts with simply roasted chickpeas paired with a garlicky, ginger-ish, curry-ified couscous with a side of roasted broccoli. We tie it together with lemon-infused yogurt sauce for a melange of flavors you'll want in your mouth right now. Stop reading and get cooking!

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

## DIETARY



LOW CALORIE



NUT-FREE

## NUTRITION

Calories: 621  
Carbohydrates: 89g  
Fat: 16g  
Protein: 34g  
Sodium: 607mg  
*per serving*

## DRINK PAIRING

Curry and beer seem to go together like marshmallows and graham crackers. Crack open a Pilsner, put your feet up on the coffee table, and enjoy.

## INGREDIENTS

1 Garlic Clove  
15 oz. Canned Chickpeas  
3 oz. Roasted Red Peppers  
4 Cilantro Sprigs  
5 oz. Broccoli  
1 Lemon  
5 oz. Couscous  
1 tsp. Chopped Ginger  
2 tsp. Curry Powder  
5.3 oz. Plain Greek Yogurt  
1 oz. Feta Cheese

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper  
Cooking Spray

## EQUIPMENT

Colander  
Medium Pot  
Baking Sheet  
2 Mixing Bowls

## DID YOU KNOW?

Curry spice blends can have as many as 60 ingredients. Curry dishes can be mild or hot, and their complex complementary flavors always satisfy.

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## Prepare the Ingredients

Preheat oven to 400 degrees. Place a colander in the sink. Bring a medium pot with 2 cups of **water** to a boil—you'll only need 1 ½ cups, but some may boil off while you prep. Thoroughly rinse produce and pat dry. Mince **garlic**. Drain **chickpeas**. Cut **roasted red peppers** into ½" dice. Stem and coarsely chop **cilantro**. Cut **broccoli florets** into bite-sized pieces. Zest **lemon**. Mince lemon zest and halve lemon.



## Cook the Chickpeas

Prepare a baking sheet with foil and **cooking spray**. Spread **chickpeas** on one half of the baking sheet and toss with 1 tsp. **olive oil** and a pinch of **salt and pepper**. Bake for 15 minutes. *Roasting the chickpeas will give them a toasty flavor and slightly crisp texture.*



## Cook the Couscous

In a medium mixing bowl, add **couscous, ginger, garlic, curry powder**, and a pinch of **salt and pepper**. Pour 1 ½ cups **boiling water** into bowl and stir about 10 seconds. Add 1 tsp. **olive oil** and mix well. Cover bowl tightly with plastic wrap and set aside for 10 minutes. Uncover and use a fork to fluff couscous. *Couscous grains are actually small balls of pasta, and cook easily and quickly by just being covered with boiling water.*



## Cook the Broccoli

Remove baking sheet from oven and stir **chickpeas**. Add **broccoli** to other half of baking sheet and drizzle with 1 tsp. **olive oil** and a pinch of **salt and pepper**. Toss with tongs or two forks, being careful of hot baking sheet. Spread broccoli into single layer and return baking sheet to oven for 15 minutes, or until chickpeas are lightly browned and crispy and broccoli is lightly browned and tender. After removing baking sheet from oven, add **roasted red peppers** to the baking sheet and gently mix chickpeas, broccoli, and red peppers. Set aside.



## Prepare the Yogurt

In a mixing bowl, combine **yogurt, lemon zest, juice from half the lemon**, half the **cilantro**, and a pinch of **salt and pepper**. Whisk until smooth and set aside. *This creamy, citrus-y condiment provides a nice counterpoint to the highly spiced curry.*



## Plate the Dish

Divide **couscous** between two plates. Add **chickpea-vegetable mixture** on top. Drizzle with **lemony yogurt sauce** and garnish with remaining **cilantro, feta**, and **lemon wedge**.