



# MEDITERRANEAN VEGGIE & COUSCOUS BOWLS

Garbanzo beans (chickpeas)

with roasted chickpeas, zucchini, grape tomatoes & feta

**COOK TIME** 

35 MIN

SERVINGS

2

**CALORIES PER SERVING** 

800

15 ½ oz

A trip into the oven turns chickpeas into crispy-on-the-outside, soft-on-the-inside pops of nutty flavor in tonight's veggie bowls. For a savory boost, chickpeas are coated in smoked paprika and garlic, then roasted with thyme-seasoned zucchini and grape tomatoes. It's all served over pearl couscous with an herby vinaigrette and a sprinkle of feta and scallion.

# INGREDIENTS (11 ITEMS)

½ cup Toasted pearl couscous w 1 whole Zucchini\* 4 oz **Grape tomatoes** 2 oz Feta cheese M 1 whole Scallion Garlic ⅓ oz ⅓ oz **Thyme** Smoked paprika & garlic blend 1tsp 1/4 cup Cumin-herb lemon vinaigrette with fresh garlic 1 cube Vegetable bouillon

# WHAT YOU'LL NEED

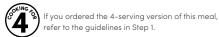
medium pot

baking sheet large bowl measuring cup & spoons strainer whisk oven mitt cooking oil salt & pepper

## **ALLERGENS**







GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

<sup>\*</sup>This ingredient may be a different color. Either way, this dish will still be delicious!

#### PREP

- O Preheat oven to 425 degrees.
- O Trim ends off **zucchini**; discard. Quarter lengthwise. Lay flat and slice across into quarter moons, about ½-inch thick.
- O Halve grape tomatoes.
- O De-stem **thyme**; finely chop leaves.
- O Strain and rinse garbanzo beans (chickpeas).
- O Mince garlic.
- O Thinly slice **scallion**; discard root end.



If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

# SEASON VEGGIES

- O Place **zucchini** and **tomatoes** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ½ teaspoon salt, a pinch of pepper, and about half of the **thyme**. Stir to combine.
- O Spread veggies out in a single layer on one side of a lightly oiled, foil-lined baking sheet.

# SEASON CHICKPEAS

- O Place chickpeas in bowl used for veggies. Drizzle with about 1 tablespoon cooking oil. Season with smoked paprika and garlic blend, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- O Spread **chickpeas** out in a single layer on open side of baking sheet with veggies.

### ROAST VEGGIES & CHICKPEAS

O Transfer baking sheet with veggies and chickpeas to oven. Roast 12-15 minutes, or until zucchini is tender, stirring halfway through.

## □ START COUSCOUS

 Heat about 1 tablespoon olive oil in a medium pot over medium heat. Add toasted pearl couscous, garlic, and remaining thyme to hot pot. Lightly season with salt and pepper. Toast about 1 minute, or until garlic is fragrant, stirring frequently.

## FINISH COUSCOUS

- Add 1 ¼ cups water to pot with couscous. Bring to a boil. Crumble vegetable bouillon over pot. Whisk to dissolve. Reduce heat to medium-low. Simmer 11-14 minutes, or until couscous is all dente and water is absorbed.
- Remove from heat. Add cumin-herb lemon vinaigrette with fresh garlic and about half of the scallion to pot. Salt and pepper to taste. Stir to combine.

## PLATE YOUR DISH

 Divide couscous between bowls. Top with roasted veggies and chickpeas. Garnish with feta cheese and remaining scallion. Enjoy!













