



## MEDITERRANEAN VEGGIE & COUSCOUS BOWLS

*with roasted chickpeas, zucchini, grape tomatoes & feta*

**COOK TIME**  
35 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
800

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)

- 15 ½ oz **Garbanzo beans (chickpeas)**
- ½ cup **Toasted pearl couscous** W
- 1 whole **Zucchini\***
- 4 oz **Grape tomatoes**
- 2 oz **Feta cheese** M
- 1 whole **Scallion**
- ¼ oz **Garlic**
- ⅛ oz **Thyme**
- 1 tsp **Smoked paprika & garlic blend**
- ¼ 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

- W WHEAT
- M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

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

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

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



# 1 PREP

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

## COOKING FOR 4

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.

# 2 SEASON VEGGIES

- Place **zucchini** and **tomatoes** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt, a pinch of pepper, and about half of the **thyme**. Stir to combine.
- Spread **veggies** out in a single layer on one side of a lightly oiled, foil-lined baking sheet.

# 3 SEASON CHICKPEAS

- 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.
- Spread **chickpeas** out in a single layer on open side of baking sheet with veggies.

# 4 ROAST VEGGIES & CHICKPEAS

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

# 5 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.

# 6 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 al 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.

# 7 PLATE YOUR DISH

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

