



**GREEN
CHEF**

GREEN PEA FALAFEL WITH TAHINI

kale & cucumber salad, roasted red pepper couscous

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

850

MENU

VEGAN

Traditional falafel are made with chickpeas, but for tonight's dinner, our chefs used green peas to impart a touch of earthy sweetness to the pan-fried fritters. Here, the crispy patties are made with za'atar-spiced tahini sauce for citrusy, nutty nuance and fresh scallion for aromatic depth. Fluffy whole-wheat couscous with juicy roasted red peppers and a crisp kale and cucumber salad complete the vibrant vegan dish.

INGREDIENTS (11 ITEMS)

1 whole	Scallion
2¾ oz	Green kale
1 whole	Cucumber
5½ oz	Peas
¼ cup	Breadcrumbs <small>W</small>
2 tbsp	Flour <small>W</small>
1½ tsp	Spicy cumin-allspice blend
3½ oz	Za'atar-spiced tahini sauce
½ cup	Whole-wheat couscous <small>W</small>
2¼ oz	Roasted red peppers
½ oz	Sunflower seeds

WHAT YOU'LL NEED

small pot with lid
large nonstick pan
large bowl
measuring cup & spoons
food processor
cooking & olive oils
salt & pepper

ALLERGENS

W WHEAT



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.

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

1

PREP

- Thinly slice **scallion**; discard root end.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Trim ends off **cucumber**; discard. Peel if desired. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.

*The ingredient you received may be a different color.

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

MAKE FALAFEL MIXTURE

- Place **peas** and about half of the **scallion** in a food processor. Add **breadcrumbs**, **flour**, **spicy cumin-allspice blend**, about ¼ teaspoon salt, about 1 tablespoon of the **za'atar-spiced tahini sauce**, and about 1 tablespoon olive oil. Pulse for a few seconds to form a cohesive mixture.*
- Transfer **mixture** to a large bowl.

*If you don't have a food processor, place **peas** and about 1 tablespoon of the **za'atar-spiced tahini sauce** in a large bowl. Mash with a potato masher (or fork) into a chunky purée. Add **breadcrumbs**, **flour**, **spicy cumin-allspice blend**, about half of the **scallion**, about ¼ teaspoon salt, and about 1 tablespoon olive oil. Fold and compress the mixture until cohesive, 1-2 minutes.

3

FORM FALAFEL

- Lightly wet hands with water. Form **falafel mixture** into six patties, about ½ inch thick (wash out bowl; reserve).
- Place **patties** on a plate. Transfer to refrigerator. Let chill at least 10 minutes.

4

COOK COUSCOUS

- Bring ¾ cup water and about ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **whole-wheat couscous** and **roasted red peppers**. Remove from heat and cover pot with lid. Let rest (covered) about 5 minutes, or until water has absorbed.
- Fluff **couscous** with a fork. Add remaining **scallion**. Drizzle with about 1 tablespoon olive oil. Stir to combine. Season with salt and pepper to taste.

5

MAKE SALAD

- Place **kale** in clean bowl used for falafel mixture. Drizzle with about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **cucumber** and **sunflower seeds**. Drizzle with 1-2 tablespoons of the remaining **tahini sauce**. Toss to combine. Season with salt and pepper to taste.

6

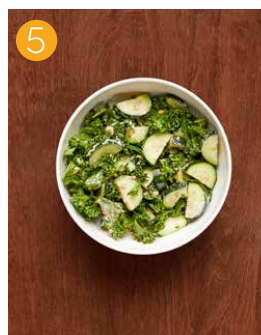
COOK FALAFEL

- Heat about 2 tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, add **patties**. Cook 4-5 minutes on each side, or until evenly browned.

7

PLATE YOUR DISH

- Divide **roasted red pepper couscous** between plates. Shingle **green pea falafel** over couscous. Drizzle remaining **tahini sauce** over falafel. Serve **kale and cucumber salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (443g)

Amount per serving

Calories 850

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 780mg	34%
Total Carbohydrate 74g	27%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 154mg	10%
Iron 6mg	35%
Potassium 942mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Green Kale, **Cucumber**, **Sunflower Seeds** [sunflower kernels, sunflower oil], **Whole-Wheat Couscous** [whole durum wheat semolina], **Roasted Red Peppers** [bell pepper], **Za’atar Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Red Wine Vinegar [aged red wine vinegar], Sunflower Oil [high oleic sunflower oil], Garlic, Za’atar Seasoning [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], Sea Salt, Water, Agave [organic agave syrup]), **Peas** [peas], **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice), **All-Purpose Flour** [bleached wheat flour, malted barley flour, niacin, iron, thiamini monoitrate, riboflavin, folic acid], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Scallions**

Allergen information:

Contains Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.