



**GREEN
CHEF**

CAULIFLOWER COUSCOUS BOWLS

snap peas, roasted red peppers, dates, pistachios, tahini

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

620

MENU

VEGAN

Layered with lemony sumac, crispy sesame seeds, and earthy thyme, Middle Eastern za'atar is a one-of-a-kind spice blend. For these vegan bowls, it adds nutty, citrusy complexity to golden-brown cauliflower florets paired with minty sautéed snap peas. It's all served atop toasted pearl couscous with juicy roasted red peppers, chewy dates, and crunchy pistachios for textural contrast. A drizzle of peppery harissa tahini ties the meal together with even more nutty notes.

INGREDIENTS (10 ITEMS)

9¾ oz	Cauliflower
1¼ oz	Dates
½ oz	Pistachios T
1 whole	Lemon
4 oz	Snap peas
¼ oz	Mint
½ cup	Toasted pearl couscous W
2¼ oz	Roasted red peppers
1 tbsp	Za'atar seasoning
2¼ oz	Harissa-spiced tahini sauce

WHAT YOU'LL NEED

small pot
small sauté pan
medium oven-safe sauté pan
small bowl
measuring cup & spoons
microplane
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

- T TREE NUTS (pistachios)
- 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

- Preheat oven to 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Roughly chop **dates**.
- Roughly chop **pistachios**.
- Zest whole **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.
- Remove any fibrous strings from **snap peas**.*
- De-stem **mint**; finely chop leaves.

**To quickly prep, firmly pinch one end of a snap pea and pull downward to remove the fibrous string.*

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 START COUSCOUS

- Bring 1¼ cups water and about ½ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous** and **roasted red peppers**. Return to a boil, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Drizzle with about 1 tablespoon olive oil. Stir to coat. (You'll finish the couscous in Step 4.)

3 COOK CAULIFLOWER

- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **cauliflower** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-4 minutes, or until cauliflower begins to brown, stirring occasionally.
- Transfer pan to oven. Roast 10-12 minutes, or until tender, stirring halfway through.
- Remove pan from oven.* (**Careful! Pan handle is hot!**) Season with **za'atar seasoning**. Stir to coat.

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

4 FINISH COUSCOUS

- Add **dates**, **pistachios**, and **lemon zest** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.*

**Taste the couscous after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

5 SAUTÉ SNAP PEAS

- Heat about 1 tablespoon cooking oil in a small sauté pan over medium-high heat. Add **snap peas** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-4 minutes, or until tender, stirring occasionally.
- Remove from heat. Add **mint**. Stir to combine.

6 PLATE YOUR DISH

- Divide **couscous with roasted red peppers** between bowls. Top with **cauliflower** and **sautéed snap peas**. Drizzle with **harissa-spiced tahini sauce** to taste. Squeeze juice from **lemon wedges** over bowls to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (379g)

Amount per serving

Calories 620

	% Daily Value*
Total Fat 33g	42%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1500mg	65%
Total Carbohydrate 68g	25%
Dietary Fiber 12g	43%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 5mg	30%
Potassium 906mg	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:
Cauliflower, Toasted Pearl Couscous [pearled couscous (wheat flour)], **Lemon, Roasted Red Peppers** [bell pepper], **Za'atar Seasoning** [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], **Pistachios** [pistachio], **Harissa-Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Olive Oil [olive oil], Granulated Garlic, Sea Salt, Water, Ascorbic Acid [ascorbic acid], Harissa Seasoning [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel]), **Dates** [organic pitted dates], **Snap Peas, Mint**

Allergen information:
Contains Tree Nuts And 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.