



**GREEN  
CHEF**

## GREEN PEA & FETA FALAFEL

*lemon-basil yogurt sauce, whole-wheat couscous, kale salad*

### COOK TIME

40 MIN

### SERVINGS

2

### CALORIES PER SERVING

920

Falafel (aka fried chickpea croquettes) are reimagined in tonight's vegetarian dinner. Here, we've swapped out chickpeas for green peas and feta cheese, which impart a touch of sweetness and a briny bite to the falafel. Formed into patties and pan-seared until crisp, they're drizzled in our lemon-basil yogurt sauce for tangy, creamy notes. Buttery whole-wheat couscous, flecked with scallion, forms the perfect bed for the falafel.

### INGREDIENTS (11 ITEMS)

2¾ oz **Red kale**  
1 whole **Scallion**  
1 oz **Dried cranberries**  
½ oz **Pistachios** T  
3½ oz **Lemon-basil yogurt sauce** M  
5½ oz **Peas**  
2 oz **Feta cheese** M  
¼ cup **Breadcrumbs** W  
2 tbsp **Flour** W  
¾ tsp **Spicy cumin-allspice blend**  
½ cup **Whole-wheat couscous** W

### WHAT YOU'LL NEED

small pot with lid  
medium nonstick pan  
mixing bowls  
measuring cup & spoons  
food processor  
cooking & olive oils  
1 tbsp butter M  
salt & pepper

### ALLERGENS

T TREE NUTS (pistachios)  
M MILK  
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](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 PREP

- Remove and discard any thick center stems from **red kale**\*. Roughly chop leaves into bite-size pieces.
- Thinly slice **scallion**; discard root end.

*\*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 SALAD

- Place **kale** in a medium bowl. Drizzle with about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **dried cranberries** and **pistachios**. Drizzle with about 1 tablespoon of the **lemon-basil yogurt sauce**. Toss to combine. Season with salt and pepper to taste.

## 3 MAKE MIXTURE

- Place **peas**, **feta cheese**, **breadcrumbs**, and **flour** in a food processor.\* Add **spicy cumin-allspice blend**, about ¼ teaspoon salt, and about 1 tablespoon olive oil. Pulse ingredients 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 feta cheese in a large bowl and mash with a potato masher (or fork) until a chunky paste forms. Add breadcrumbs, flour, spicy cumin-allspice blend, about ¼ teaspoon salt, and about 1 tablespoon olive oil. Fold and compress the mixture until well combined, 1-2 minutes.*

## 4 FORM PATTIES

- Lightly wet hands with water. Form **mixture** into six patties, about ½ inch thick.
- Place **patties** on a plate. Transfer to refrigerator. Let set at least 5 minutes.

## 5 COOK COUSCOUS

- Heat about 1 tablespoon olive oil in a small pot over medium heat. Add **whole-wheat couscous** and about half of the **scallion** to hot pot. Cook about 1 minute, or until couscous is lightly toasted, stirring frequently.
- Add ¾ cup water. Bring to a boil, then remove from heat. Cover pot with lid. Let rest about 5 minutes, or until water is absorbed.
- Fluff **couscous** with a fork. Add 1 tablespoon butter. Stir until butter melts. Season with salt and pepper to taste.

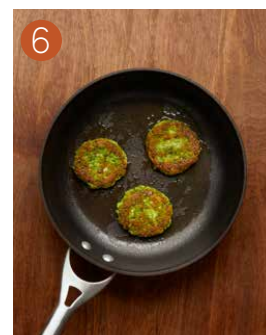
## 6 COOK FALAFEL

- Heat about 2 tablespoons cooking oil in a medium nonstick pan over medium heat until shimmering. Once pan is hot, add three **patties**. Cook 3-4 minutes on each side, or until evenly browned.
- Transfer **falafel** to a plate. Repeat process with remaining **patties**.\*

*\*If the pan seems dry while cooking, add another tablespoon cooking oil.*

## 7 PLATE YOUR DISH

- Divide **couscous** between plates. Shingle **green pea and feta falafel** over top. Drizzle remaining **yogurt sauce** over falafel. Sprinkle with remaining **scallion**. Serve **kale salad** on the side. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (325g)

Amount per serving

Calories 920

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 1030mg	45%
Total Carbohydrate 76g	28%
Dietary Fiber 6g	21%
Total Sugars 14g	
Includes 9g Added Sugars	18%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 277mg	20%
Iron 5mg	30%
Potassium 698mg	15%

\* 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:**  
**Red Kale, Pistachios** [pistachio], **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Lemon-Basil Yogurt Sauce** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Lemon Juice [lemon], Sunflower Oil [high oleic sunflower oil], Sea Salt, Black Pepper, Dried Basil), **Whole-Wheat Couscous** [whole durum wheat semolina], **Peas** [peas], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **All-Purpose Flour** [bleached wheat flour, malted barley flour, niacin, iron, thiamini monoitrate, riboflavin, folic acid], **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice), **Scallions**, **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt]

**Allergen information:**  
Contains Wheat, Milk And Tree Nuts

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.

