



MAPLE CARROT POWER BOWLS

turmeric-spiced pearl couscous, kale, cranberries, tahini

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
830

MENU
VEGAN // MEDITERRANEAN

Think maple syrup is just for breakfast? These sweet and smoky carrots prove otherwise! Harissa-spiced carrots are coated with rich, sweet maple syrup, then roasted until fork-tender. They're served over a mound of toasted pearl couscous topped with sautéed kale, dried cranberries, and a sprinkle of nutty nutritional yeast. It's all finished with a drizzle of creamy herb miso-tahini sauce and a sprinkle of toasted walnuts.

INGREDIENTS (11 ITEMS)

- ½ cup **Toasted pearl couscous** W
- ¾ tsp **Turmeric**
- ½ oz **Walnuts** T
- 3 whole **Carrots**
- 1 whole **Shallot**
- 3½ oz **Green kale**
- 1 tsp **Smoky harissa & ginger blend**
- 1 oz **Maple syrup**
- 1 oz **Dried cranberries**
- 1 tsp **Nutritional yeast**
- 3½ oz **Herb miso-tahini sauce** S

WHAT YOU'LL NEED

- small pot
- medium & large sauté pans
- measuring cup & spoons
- peeler
- cooking & olive oils
- salt & pepper

ALLERGENS

- W WHEAT
- T TREE NUTS (walnuts)
- S SOY

4 COOKING FOR 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 COOK COUSCOUS

- Heat about 1 tablespoon cooking oil in a small pot over medium heat. Add **toasted pearl couscous** and **turmeric** to hot pot. Toast 1-2 minutes, stirring occasionally.
- Stir in 1¼ cups water and ½ teaspoon salt. Bring 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 1 tablespoon olive oil. Stir to coat.

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 PREP

- Roughly chop **walnuts** if necessary.
- Trim and peel **carrots**. Slice across at an angle into pieces, about ¼ inch thick.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ½ inch thick.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.

*The ingredient you received may be a different color.



3 TOAST WALNUTS

- Place **walnuts** in a dry, large sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **walnuts** to a plate.

4 START CARROTS

- Heat 1½ tablespoons cooking oil in pan used for walnuts over medium-high heat. Add **carrots** to hot pan. Season with **smoky harissa and ginger blend**, salt, and pepper. Cook 5-8 minutes, or until carrots begin to soften, stirring occasionally.



5 FINISH CARROTS

- Add **maple syrup** and 2 tablespoons water to pan with carrots. Cook 3-5 minutes, or until carrots are tender, stirring occasionally. Remove from heat.



6 SAUTÉ KALE

- Heat 1½ tablespoons olive oil in a medium sauté pan over medium heat. Add **shallot** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until softened, stirring occasionally.
- Add **kale, dried cranberries**, and about 1 tablespoon water. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Remove from heat. Sprinkle with **nutritional yeast**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **turmeric-spiced pearl couscous** between bowls. Top with **sautéed kale** and **maple carrots**. Drizzle with **herb miso-tahini sauce** to taste. Garnish with **toasted walnuts**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (366g)

Amount per serving

Calories **830**

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1290mg	56%
Total Carbohydrate 76g	28%
Dietary Fiber 11g	39%
Total Sugars 29g	
Includes 8g Added Sugars	16%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 178mg	15%
Iron 4mg	20%
Potassium 1029mg	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:

Carrots, Turmeric, Toasted Pearl Couscous [pearled couscous (wheat flour)], **Green Goddess Dressing** (Tahini Sauce [sesame seeds], Miso Paste [organic whole soybeans, organic handmade rice koji, sun-dried sea salt, Blue Ridge Mountain well water, koji spores], Lemon Juice [lemon], Sea Salt, Black Pepper, Basil, Parsley, White Vinegar [organic distilled vinegar, diluted with water to 5% acidity], Granulated Garlic, Dried Dill, Sunflower Oil [high oleic sunflower oil], Water, Ascorbic Acid [ascorbic acid]), **Shallot, Nutritional Yeast** [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], **Smoky Harissa & Ginger Blend** (Harissa Seasoning [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], Dried Ginger, Smoked Paprika), **Maple Syrup** [organic pure maple syrup], **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Walnuts** [walnuts], **Green Kale**

Allergen information:

Contains Tree Nuts, Soy 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.

