



**GREEN
CHEF**

MAPLE-ROASTED RAINBOW CARROTS

walnuts, pearl couscous, fennel, sautéed kale with cherries

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
700

MENU
VEGAN

Coated in maple syrup and our custom ancho, cumin, and oregano blend, the roasted rainbow carrots at the center of this vegan entrée are positively delectable. The jewel-toned veggies are paired with tender roasted fennel and toasted walnuts for earthy nuance and served over steamy, garlicky pearl couscous. A side of sautéed red kale with dried cherries adds another savory-sweet element to the plate.

INGREDIENTS (10 ITEMS)

| | |
|---------|--|
| 4 whole | Rainbow carrots |
| 2¾ oz | Fennel |
| ½ oz | Walnuts <small>T</small> |
| 1 tsp | Ancho, cumin & oregano blend |
| ¼ oz | Garlic |
| 2¾ oz | Red kale |
| 1 oz | Dried cherries |
| ½ cup | Toasted pearl couscous <small>W</small> |
| 1 whole | Mushroom stock concentrate |
| 1 oz | Maple syrup |

WHAT YOU'LL NEED

small pot
medium sauté pan
baking sheet
mixing bowls
measuring cup & spoons
peeler
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

T TREE NUTS (walnuts)
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 START PREP

- Preheat oven to 425 degrees.
- Trim and peel **rainbow carrots***. Halve lengthwise. Lay flat and slice at an angle into half-moons, about ½ inch thick.
- Remove and discard core from **fennel** with angled downward cuts. Slice into strips, about ½ inch thick.
- Roughly chop **walnuts** if necessary.

**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 ROAST VEGGIES

- Place **carrots** and **fennel** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **ancho, cumin, and oregano blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots and fennel** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast about 20 minutes, or until tender, stirring halfway through. (You'll finish the veggies in Step 6.)

3 FINISH PREP

- Mince **garlic**.
- Remove and discard any thick center stems* from **red kale****. Roughly chop leaves into bite-size pieces.
- Roughly chop **dried cherries**. Place in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened (reserve soaking liquid).

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

***The ingredient you received may be a different color.*

4 COOK COUSCOUS

- Heat about 1 tablespoon olive oil in a small pot over medium heat. Add **toasted pearl couscous** and **garlic** to hot pot. Toast 1-2 minutes, or until garlic is fragrant, stirring frequently.
- Add 1¼ cups water, **mushroom stock concentrate**, and about ¼ teaspoon salt. Stir to combine. 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 about 1 tablespoon olive oil. Stir to coat. Season with salt and pepper to taste.* Remove from heat.

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

5 SAUTÉ KALE

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **kale** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until lightly wilted, stirring occasionally.
- Add **dried cherries** (with reserved soaking liquid). Cook 2-3 minutes, or until kale is wilted and liquid has cooked off, stirring occasionally. Remove from heat.

6 FINISH VEGGIES

- Drizzle **maple syrup** over **carrots and fennel**. Sprinkle with **walnuts**. Stir to coat. (**Careful! Baking sheet is hot!**) Roast 4-5 minutes, or until veggies are fork-tender and walnuts are lightly toasted.

7 PLATE YOUR DISH

- Divide **pearl couscous** between plates. Top with **maple-roasted rainbow carrots and fennel**. Pile **sautéed kale with cherries** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (375g)

Amount per serving

Calories 700

| | % Daily Value* |
|--------------------------|----------------|
| Total Fat 40g | 51% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1300mg | 57% |
| Total Carbohydrate 77g | 28% |
| Dietary Fiber 9g | 32% |
| Total Sugars 32g | |
| Includes 5g Added Sugars | 10% |
| Protein 10g | |
| Vitamin D 0mcg | 0% |
| Calcium 185mg | 15% |
| Iron 3mg | 15% |
| Potassium 1009mg | 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:
Toasted Pearl Couscous [pearled couscous (wheat flour)], **Fennel, Rainbow Carrots, Red Kale, Garlic, Walnuts** [walnuts], **Maple Syrup** [organic pure maple syrup], **Ancho, Cumin & Oregano Blend** (Granulated Garlic, Onion Powder, Ground Cumin, Ancho Chili Powder, Dried Oregano, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices]), **Dried Cherries** [tart cherries, cane sugar, sunflower oil], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum]

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.