



**GREEN  
CHEF**

## MEDITERRANEAN VEGGIE & COUSCOUS BOWLS

*Roasted chickpeas, zucchini, grape tomatoes & feta*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

830

For these veggie bowls, a trip into the oven turns chickpeas into crispy-on-the-outside, soft-on-the-inside pops of nutty flavor. Coated in smoked paprika and garlic for a fragrant crust, the protein-packed legumes are roasted with thyme-seasoned zucchini and grape tomatoes. The veggies are served over toasted pearl couscous — seasoned with a bright lemon vinaigrette and studded with fresh scallion. A sprinkle of feta cheese adds a creamy finishing touch.

### INGREDIENTS (11 ITEMS)

1 whole	<b>Zucchini</b>
4 oz	<b>Grape tomatoes</b>
⅛ oz	<b>Thyme</b>
13 ¼ oz	<b>Garbanzo beans (chickpeas)</b>
¼ oz	<b>Garlic</b>
1 whole	<b>Scallion</b>
1 tsp	<b>Smoked paprika &amp; garlic blend</b>
½ cup	<b>Toasted pearl couscous</b> <small>W</small>
1 whole	<b>Vegetable stock concentrate</b>
2 oz	<b>Cumin-herb lemon vinaigrette with fresh garlic</b>
2 oz	<b>Feta cheese</b> <small>M</small>

### WHAT YOU'LL NEED

medium pot  
baking sheet  
large bowl  
measuring cup & spoons  
strainer  
oven mitt  
cooking & olive oils  
salt & pepper

### ALLERGENS

W WHEAT  
M MILK



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

- Preheat oven to 425 degrees.
- Trim ends off **zucchini**;\* discard. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ½ inch thick.
- Halve **grape tomatoes**.
- De-stem **thyme**; finely chop leaves.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Mince **garlic**.
- Thinly slice **scallion**; discard root end.

*\*Your squash may be a different color. Either way, this dish will still be delicious!*

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

## SEASON VEGGIES

- Place **zucchini** and **tomatoes** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with about half of the **thyme**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine.
- Spread **veggies** out in a single layer on one side of a lightly oiled, foil-lined baking sheet.

3

## SEASON CHICKPEAS

- Place **chickpeas** in bowl used for veggies. Drizzle with about 1 tablespoon cooking oil. Season with **smoked paprika and garlic blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **chickpeas** out in a single layer on open side of baking sheet with veggies.

4

## ROAST VEGGIES & CHICKPEAS

- Transfer baking sheet with veggies and chickpeas to oven. Roast 12-15 minutes, or until zucchini is tender, stirring halfway through.

5

## START COUSCOUS

- Heat about 1 tablespoon olive oil in a medium pot over medium heat. Add **toasted pearl couscous**, **garlic**, and remaining **thyme** to hot pot. Lightly season with salt and pepper. Toast about 1 minute, or until garlic is fragrant, stirring frequently.

6

## FINISH COUSCOUS

- Add 1 ¼ cups water and **vegetable stock concentrate** to pot with couscous. 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 is absorbed.
- Remove from heat. Add **cumin-herb lemon vinaigrette with fresh garlic** and about half of the **scallion** to pot. Salt and pepper to taste. Stir to combine.

7

## PLATE YOUR DISH

- Divide **toasted pearl couscous** between bowls. Top with **roasted veggies and chickpeas**. Garnish with **feta cheese** and remaining **scallion**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (503g)

Amount per serving

Calories 830

	% Daily Value*
Total Fat 46g	59%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 2050mg	89%
Total Carbohydrate 79g	29%
Dietary Fiber 15g	54%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 309mg	25%
Iron 6mg	35%
Potassium 644mg	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:  
Zucchini, Thyme, Garlic, Garbanzo Beans (Chickpeas) [chickpeas (60%), water, salt], Toasted Pearl Couscous [pearled couscous (wheat flour)], Feta Cheese [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], Grape Tomatoes, Scallions, Veggie Stock Concentrate [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], Seasoned Lemon Vinaigrette (Lemon Juice [lemon], White Wine Vinegar [white wine vinegar], Garlic, Sea Salt, Ground Cumin, Parsley, Basil, Agave [organic agave syrup], Sunflower Oil [high oleic sunflower oil]), Smoked Paprika & Garlic Blend (Granulated Garlic, Smoked Paprika)

Allergen information:  
Contains Milk 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.