



**GREEN
CHEF**

SPICY MIDDLE EASTERN BEEF BOWLS

with pearl couscous, roasted zucchini, tomato, dates & feta

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

930

These lively Middle Eastern-inspired bowls are packed with layer upon layer of irresistibly spicy and savory elements. Ground beef, dusted in a cumin-allspice blend, is cooked to perfection, then tossed with fresh tomato. It's all served with roasted zucchini on a bed of toasted pearl couscous with dates. A drizzle of tangy lemon crema adds richness to every forkful, while a sprinkle of feta and almonds garnishes the nourishing meal.

INGREDIENTS (10 ITEMS)

10 oz **Ground beef**
1 ½ tsp **Spicy cumin-allspice blend**
½ cup **Toasted pearl couscous** W
1 whole **Zucchini***
1 whole **Roma tomato**
1 whole **Yellow onion**
1 oz **Dates**
2 oz **Feta cheese** M
½ oz **Sliced almonds** T
1 ¾ oz **Lemon crema** M

WHAT YOU'LL NEED

small pot with lid
large sauté pan
baking sheet
medium bowl
measuring cup & spoons
oven mitt
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

W WHEAT
M MILK
T TREE NUTS (almonds)



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.

*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK COUSCOUS

- Preheat oven to 425 degrees.
- Bring 1 ¼ cups water and about ½ teaspoon salt to a boil in a small pot. Add **toasted pearl couscous** to boiling water. Stir. Reduce heat to medium-low. Simmer 11-14 minutes, or until couscous is al dente and water is absorbed. Remove from heat.

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 PREP

- Trim ends off **zucchini**; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into wedges, about ½ inch thick.

3 SEASON & ROAST VEGGIES

- Place **zucchini** and **onion** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about half of the **spicy cumin-allspice blend**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Stir to coat.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-25 minutes, or until zucchini is fork tender, stirring halfway through.

4 FINISH PREP

- Cut **dates** widthwise into slices, about ¼ inch thick.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

5 FINISH COUSCOUS

- Add **dates** and 1 tablespoon butter to pot with **couscous**. Season with about ¼ teaspoon salt and a pinch of pepper. Cover pot with lid. Let rest, covered, about 5 minutes, or until butter is melted. Salt and pepper to taste.* Stir to combine.

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

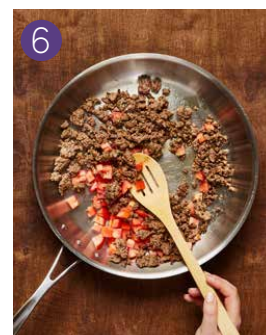
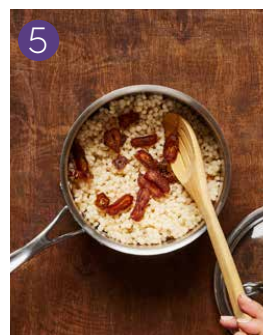
6 COOK BEEF

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **ground beef** to hot pan. Season with remaining **spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to break up beef. Cook 4-5 minutes, or until beef is fully cooked,* stirring occasionally.
- Remove from heat. Add **tomato**. Stir to combine.

**Ground beef is fully cooked when it's no longer pink.*

7 PLATE YOUR DISH

- Divide **toasted pearl couscous with dates** between bowls. Top with **spicy ground beef and tomato** and **roasted zucchini and onion**. Drizzle with **lemon crema** to taste. Garnish with **feta cheese** and **sliced almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (479g)

Amount per serving

Calories 930

	% Daily Value*
Total Fat 62g	79%
Saturated Fat 22g	110%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 1650mg	72%
Total Carbohydrate 55g	20%
Dietary Fiber 6g	21%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 262mg	20%
Iron 5mg	30%
Potassium 713mg	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:
Ground beef, Yellow onion, Roma tomato, Summer squash, Sliced almonds, Toasted pearl couscous (whole Durum wheat semolina), **Feta cheese** (Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Anti Caking Agent (potato starch powdered cellulose, natamycin)), **Dates, Lemon crema** (sour cream [organic cultured pasteurized nonfat milk, organic pasteurized cream, acidophilus and bifidus cultures, vegetarian enzyme], lemon juice, granulated garlic, parsley), **Spicy cumin-allspice blend** (ground cumin, granulated galric, onion powder, ground coriander, cayenne pepper, ground allspice)

Allergen information:
Contains Milk, Wheat 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.