



SPICY CAULIFLOWER WITH TAHINI

roasted mushrooms, snap peas, pearl couscous with feta & almonds

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
760

Our za'atar-spiced tahini sauce is nutty, citrusy, creamy—and the perfect complement to spicy roasted cauliflower. In this veggie-packed dish, the florets are served over a bed of tender pearl couscous studded with tangy feta and crunchy almonds. A side of roasted cremini mushrooms and crisp-tender sautéed snap peas completes the nourishing 30-minute meal.

INGREDIENTS (9 ITEMS)

- ½ cup **Toasted pearl couscous** W
- 9¾ oz **Cauliflower**
- 4 oz **Cremini mushrooms**
- 4 oz **Snap peas**
- ½ oz **Sliced almonds** T
- 1 whole **Scallion**
- 1½ tsp **Spicy cumin-allspice blend**
- 2 oz **Feta cheese** M
- 1¾ oz **Za'atar-spiced tahini sauce**

WHAT YOU'LL NEED

- small pot
- medium sauté pan
- 2 baking sheets
- medium bowl
- measuring cup & spoons
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- W WHEAT
- T TREE NUTS (almonds)
- M MILK

COOKING FOR 4 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://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START COUSCOUS

- Preheat oven to 425 degrees.
- Bring 1¼ cups water and about ¼ teaspoon salt to a boil in a small pot. Add **toasted pearl couscous** to boiling water. Stir, then reduce heat to medium-low. Simmer 11-14 minutes, or until couscous is al dente and water is absorbed.
- Remove from heat. Drizzle with about 1 tablespoon olive oil. Stir to coat. (You'll finish the couscous in Step 6.)

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

- Cut **cauliflower** into bite-size pieces if necessary.
 - Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.
 - Remove any fibrous strings from **snap peas**.* Halve widthwise at an angle.
 - Roughly chop **sliced almonds**.
 - Thinly slice **scallion**; discard root end.
- *To quickly prep, firmly pinch one end of the snap pea and pull downward to remove the fibrous string.

3 SEASON & ROAST CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **spicy cumin-allspice blend** and about ¼ teaspoon salt. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 18-20 minutes, or until cauliflower is fork-tender, stirring halfway through.

4 SEASON & ROAST MUSHROOMS

- Place **mushrooms** in bowl used for cauliflower. Drizzle with about 2 tablespoons cooking oil. Lightly season with salt and pepper. Stir to coat.
- Spread **mushrooms** out in a single layer on a second lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until mushrooms are tender and lightly browned, stirring halfway through.

5 COOK SNAP PEAS

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **snap peas** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until snap peas begin to soften, stirring occasionally.

6 FINISH COUSCOUS

- Add **feta cheese**, **almonds**, and about 1 tablespoon of the **za'atar-spiced tahini sauce** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **toasted pearl couscous with feta and almonds** between plates. Top with **spicy cauliflower**. Drizzle with remaining **tahini sauce**. Pile **roasted mushrooms** and **snap peas** next to couscous. Garnish with **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (393g)

Amount per serving

Calories **760**

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1320mg	57%
Total Carbohydrate 47g	17%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 238mg	20%
Iron 4mg	20%
Potassium 906mg	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:

Cauliflower, Cremini Mushrooms, Toasted Pearl Couscous [pearled couscous (wheat flour)], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Almonds** [almonds], **Scallions, Snap Peas, Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice), **Za'atar Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Red Wine Vinegar [aged red wine vinegar], Sunflower Oil [high oleic sunflower oil], Garlic, Za'atar Seasoning [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], Sea Salt, Water, Agave [organic agave syrup])

Allergen information:

Contains Tree Nuts, 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.