



**GREEN  
CHEF**

## QUINOA "TABBOULEH" WITH TAHINI SAUCE

*Gyro-spiced chickpeas, artichokes & peas, slaw with dates*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

1010

### MENU

VEGAN // GLUTEN-FREE

Traditional Middle Eastern tabbouleh is a refreshing salad packed with fresh herbs and bulgur wheat. Here, we've turned it gluten-free by swapping in tender rainbow quinoa for bulgur. Artichokes, garlic, and parsley are mixed in, making a flavorful base for roasted gyro-spiced chickpeas. A fresh cabbage slaw with dates and almonds adds a pop of color, while a lemon tahini sauce delivers bright creaminess throughout the dish.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

### INGREDIENTS (13 ITEMS)

½ cup	<b>Rainbow quinoa</b>
2 ¾ oz	<b>Lemon tahini sauce</b>
13 ¼ oz	<b>Garbanzo beans (chickpeas)</b>
1 ¼ tbsp	<b>Gyro-style seasoning</b>
3 oz	<b>Artichoke hearts</b>
¾ cup	<b>Peas</b>
1 whole	<b>Yellow onion</b>
¼ oz	<b>Garlic</b>
¼ oz	<b>Parsley</b>
2 oz	<b>Cabbage*</b>
1 ¼ oz	<b>Dates</b>
½ oz	<b>Sliced almonds</b> <small>T</small>
1 ¼ oz	<b>White-wine &amp; olive oil vinaigrette</b>

### WHAT YOU'LL NEED

medium pot with lid  
medium oven-safe sauté pan  
baking sheet  
medium bowl  
measuring cup & spoons  
strainer  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

T TREE NUTS (almonds)

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

Wash and dry fresh produce. Go to [help.greenchef.com](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 COOK QUINOA

- Preheat oven to 425 degrees.
- Bring 1 cup water and about ¼ teaspoon salt to a boil in a medium pot. Add **rainbow quinoa** to boiling water. Stir. Return to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 18–22 minutes, or until quinoa is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

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 & ROAST CHICKPEAS

- Strain and rinse **garbanzo beans (chickpeas)**. Spread **chickpeas** out on a plate. Pat dry with paper towels.
- Place **chickpeas** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **gyro-style seasoning** and salt. Stir to coat.
- Spread **chickpeas** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast about 20 minutes, or until lightly crispy, stirring halfway through.



## 3 PREP

- Cut ends off **yellow onion\*** and discard peel. Halve lengthwise. Lay flat and large dice into pieces, about ¾ inch each.
- Roughly chop **artichoke hearts**.
- Mince **garlic**.
- Roughly chop **cabbage** if necessary.
- Cut **dates** widthwise into slices, about ¼ inch thick.
- Roughly chop **sliced almonds**.
- De-stem **parsley**; roughly chop leaves.

*\*We recommend using the whole onion in this recipe, but feel free to add it to your taste.*



## 4 COOK VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 3–4 minutes, or until onion is translucent, stirring occasionally.
- Add **artichokes** and **garlic**. Stir to combine. Transfer pan to oven. Roast 10–12 minutes, or until veggies are lightly browned, stirring halfway through.\*

*\*Careful! To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*



## 5 MAKE SLAW

- Place **cabbage**, **dates**, and **almonds** in bowl used for chickpeas. Drizzle with **white-wine and olive oil vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

## 6 MAKE "TABBOULEH"

- Fluff **quinoa** with a fork. Transfer **artichokes, onion, and garlic** to pot. (**Careful! Pan handle is hot!**) Add **peas** and most of the **parsley**. Salt and pepper to taste. Stir to combine.



## 7 PLATE YOUR DISH

- Divide **quinoa "tabbouleh"** and **cabbage slaw with dates** between bowls. Pile **gyro-spiced chickpeas** on top. Drizzle with **lemon tahini sauce** to taste. Garnish with remaining **parsley**. Enjoy!

## Nutrition Facts

2 Servings per container

**Serving size** (531g)

**Amount per serving**

**Calories** 1010

	% Daily Value*
<b>Total Fat</b> 50g	64%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 560mg	24%
<b>Total Carbohydrate</b> 118g	43%
Dietary Fiber 14g	50%
Total Sugars 25g	
Includes 1g Added Sugars	2%
<b>Protein</b> 31g	
Vitamin D 0mcg	0%
Calcium 212mg	15%
Iron 17mg	90%
Potassium 946mg	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:

**Rainbow Quinoa** [white quinoa, red quinoa, black quinoa], **Artichoke Hearts** [artichoke hearts, water, salt, citric acid], **Yellow Onion, Garlic, Peas, Parsley, Garbanzo Beans (Chickpeas)** [chickpeas (60%), water, salt], **Gyro-Style Seasoning** (Dried Oregano, Onion Powder, Granulated Garlic, Black Pepper, Dried Parsley, Dried Thyme, Sweet Paprika, Cinnamon, Nutmeg), **Red Cabbage, Dates, Almonds** [almonds], **Lemon Tahini Sauce** (Garlic, Lemon Juice, Tahini Sauce [sesame seeds], Sunflower Oil, Sea Salt, Water), **White Wine Vinaigrette** (White Wine Vinegar [white wine vinegar], Agave [blue agave nectar], Dijon Mustard [grain vinegar, water, mustard seed, salt, spices ], Lemon Juice, Sea Salt, Black Pepper, Olive Oil)

### Allergen information:

Contains 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.*