



BAHĀRĀT-SPICED COUSCOUS SALAD

roasted chickpeas, carrots, radishes, dates, mint

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
730

MENU
VEGAN

Bahārāt (Arabic for “spices”) is an aromatic, all-purpose seasoning used in Middle Eastern cuisine. Our blend—featuring coriander, cumin, allspice, cardamom, and cinnamon—seasons roasted chickpeas and carrots. They’re tossed with tender pearl couscous, radishes, dates, and a homemade lemon dressing for a bright finishing touch. A shower of toasted pine nuts lend the dish a rich, buttery crunch.

INGREDIENTS (11 ITEMS)

- ½ cup **Toasted pearl couscous** w
- ½ oz **Pine nuts** t
- 13¼ oz **Garbanzo beans (chickpeas)**
- 4½ oz **Carrots**
- 1½ tsp **Bahārāt spice blend**
- 1 whole **Lemon**
- 2 oz **Radishes**
- 1¼ oz **Dates**
- ⅛ oz **Mint**
- ¼ oz **Cilantro**
- 1 tsp **Za’atar seasoning**

WHAT YOU’LL NEED

- small pot
- baking sheet
- mixing bowls
- measuring cup & spoons
- strainer
- microplane
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- w WHEAT
- t TREE NUTS (pine nuts)

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 COOK COUSCOUS

- Preheat oven to 425 degrees.
- Bring 1¼ cups water and about ½ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Return 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.

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 TOAST PINE NUTS

- Spread **pine nuts** out in a single layer on a foil-lined baking sheet. Toast about 2 minutes, or until lightly browned.
- Transfer **pine nuts** to a cutting board and allow to cool. Roughly chop.



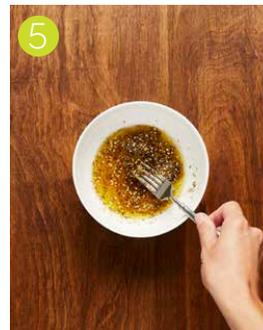
3 ROAST CHICKPEAS & CARROTS

- Strain and rinse **garbanzo beans (chickpeas)**.
- Place **chickpeas** and **carrots** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with **bahārāt spice blend** and about ½ teaspoon salt. Stir to coat.
- Spread **chickpeas and carrots** out in a single layer on baking sheet used for pine nuts. (Reserve bowl.) (**Careful! Baking sheet is hot!**) Roast about 20 minutes, or until carrots are fork-tender, stirring halfway through.



4 PREP

- Zest whole **lemon** with a microplane (or on small holes of a box grater) over a medium bowl. Halve **lemon**.
- Trim ends off **radishes** and cut in half. Lay flat and slice into half-moons, about ¼ inch thick.
- Small dice **dates** into pieces, about ¼ inch each.
- De-stem **mint** and **cilantro**; roughly chop leaves together.



5 MAKE DRESSING

- Squeeze juice from whole **lemon** over bowl with **lemon zest**, removing any seeds. Drizzle with about 2 tablespoons olive oil. Season with **za'atar seasoning**. Whisk with a fork to thoroughly combine.

6 MAKE SALAD

- Return **chickpeas and carrots** to bowl used for seasoning. Transfer **couscous** to bowl. Add **radishes, dates**, and about half of the **mint and cilantro**. Drizzle with most of the **dressing** to taste. Toss to combine. Season with salt and pepper to taste.



7 PLATE YOUR DISH

- Divide **couscous salad** between bowls. Sprinkle with **toasted pine nuts** and remaining **mint and cilantro**. Drizzle with remaining **dressing** to taste. Enjoy!

Nutrition Facts

2 Servings per container

Serving size (413g)

Amount per serving

Calories 730

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1680mg	73%
Total Carbohydrate 75g	27%
Dietary Fiber 18g	64%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 3mg	15%
Potassium 551mg	10%

* 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)], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Bahārāt Spice Blend** (Black Pepper, Ground Coriander, Ground Cumin, Allspice, Ground Cardamom, Ground Cloves, Cinnamon, Nutmeg, Sea Salt), **Radishes**, **Za'atar Seasoning** [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], **Cilantro**, **Mint**, **Lemon**, **Pine Nuts** [pine nuts], **Dates** [organic pitted dates], **Carrots**

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.