



**GREEN  
CHEF**

## BLACKENED CAULIFLOWER

*Creole Dijonnaise, pearl couscous, apricot-glazed green beans*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

830

### MENU

VEGETARIAN

*Blackening* is a Cajun culinary technique that involves coating fish, chicken, or even veggies in a blend of zesty dried herbs and spices, then cooking them until the seasoning toasts and darkens. Here, the preparation adds smoky, peppery depth to roasted cauliflower that's drizzled with a creamy Creole Dijonnaise and served over toasted pearl couscous with corn and red peppers. A side of apricot-glazed green beans delivers a tangy-sweet contrast.

### INGREDIENTS (9 ITEMS)

½ cup **Toasted pearl couscous** <sup>W</sup>  
 9¾ oz **Cauliflower**  
 6 oz **Green beans**  
 1 tsp **Blackening spices**  
 1 oz **Sliced almonds** <sup>T</sup>  
 1 oz **Apricot jam**  
 1½ oz **Corn**  
 1 oz **Roasted red peppers**  
 2¼ oz **Creole Dijonnaise** <sup>E S</sup>

### WHAT YOU'LL NEED

small pot  
 small & medium sauté pans  
 baking sheet  
 medium bowl  
 measuring cup & spoons  
 oven mitt  
 cooking & olive oils  
 salt & pepper

### ALLERGENS

<sup>W</sup> WHEAT  
<sup>T</sup> TREE NUTS (almonds)  
<sup>E</sup> EGGS  
<sup>S</sup> SOY



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 COOK COUSCOUS

- Preheat oven to 425 degrees.
- Bring 1½ cups water and about ½ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. 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. (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.
- Trim stem ends off **green beans**. Slice into pieces, about ½ inch long each.

## 3 SEASON & ROAST CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **blackening spices**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until fork-tender, stirring halfway through.

## 4 COOK GREEN BEANS

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **green beans** and **sliced almonds** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until green beans are tender, stirring occasionally.
- Remove from heat. Add **apricot jam**. Stir to coat.

## 5 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a small sauté pan over medium heat. Add **corn** and **roasted red peppers** to hot pan. Lightly season with salt and pepper. Cook 2-3 minutes, or until veggies are warmed through, stirring frequently.

## 6 FINISH COUSCOUS

- Transfer **couscous** to pan with **corn and roasted red peppers**. Stir to combine. Season with salt and pepper to taste.\*

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

## 7 PLATE YOUR DISH

- Divide **couscous and veggies** between plates. Top with **blackened cauliflower**. Drizzle with **Creole Dijonnaise** to taste. Serve **apricot-glazed green beans** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (390g)

**Amount per serving**

**Calories** 830

	% Daily Value*
<b>Total Fat</b> 62g	79%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 1580mg	69%
<b>Total Carbohydrate</b> 59g	21%
Dietary Fiber 9g	32%
Total Sugars 17g	
Includes 8g Added Sugars	16%
<b>Protein</b> 14g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 3mg	15%
Potassium 765mg	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:

**Cauliflower, Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar]), **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Roasted Red Peppers** [bell pepper], **Corn** [corn], **Green Beans, Apricot Jam** [sugar, raw apricots, water, dried apricots (with sulfur dioxide as a preservative and rice flour), citric acid, fruit pectin], **Almonds** [almonds]

### Allergen information:

Contains Wheat, Tree Nuts, Egg And Soy

*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.*

