



CHICKPEA & ZUCCHINI COUSCOUS BOWLS

roasted grape tomatoes, feta cheese

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
740

MENU
VEGETARIAN

For these Mediterranean-inspired veggie bowls, a trip into the oven turns chickpeas into crispy-on-the-outside, soft-on-the-inside pockets of nutty flavor. The nutrient-packed legumes are coated in a blend of smoked paprika and garlic, then roasted with thyme-seasoned zucchini and grape tomatoes. It's all served over tender toasted pearl couscous with a drizzle of lemon vinaigrette and a sprinkle of tangy feta.

INGREDIENTS (8 ITEMS)

- 1 whole **Zucchini**
- 4 oz **Grape tomatoes**
- ⅛ oz **Thyme**
- 13¼ oz **Garbanzo beans (chickpeas)**
- 1 tsp **Smoked paprika & garlic blend**
- ½ cup **Toasted pearl couscous** ^W
- 2 oz **Cumin-herb lemon vinaigrette with fresh garlic**
- 2 oz **Feta cheese** ^M

WHAT YOU'LL NEED

- medium pot
- baking sheet
- large bowl
- measuring cup & spoons
- strainer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- ^W WHEAT
- ^M MILK



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 PREP

- Preheat oven to 425 degrees.
- Trim ends from **zucchini***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ½ inch thick.
- Halve **grape tomatoes**.
- De-stem **thyme**; finely chop leaves.
- Strain and rinse **garbanzo beans (chickpeas)**.

**The ingredient you received may be a different color.*

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 VEGGIES

- Place **zucchini** and **tomatoes** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with about half the **thyme**, about ¼ teaspoon salt, and a pinch of pepper.
- Spread **veggies** out in a single layer on one side of a lightly oiled, foil-lined baking sheet.

3 SEASON CHICKPEAS

- Place **chickpeas** in bowl used for veggies. Drizzle with about 1 tablespoon cooking oil. Season with **smoked paprika and garlic blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **chickpeas** out in a single layer on empty side of baking sheet with **veggies**.

4 ROAST CHICKPEAS & VEGGIES

- Transfer baking sheet with **chickpeas and veggies** to oven. Roast 12-15 minutes, or until zucchini is tender, stirring halfway through.

5 COOK COUSCOUS

- Heat about 1 tablespoon olive oil in a medium pot over medium heat. Add **toasted pearl couscous** to hot pot. Season with remaining **thyme**, about ¼ teaspoon salt, and a pinch of pepper. Cook about 1 minute, or until thyme is fragrant, stirring frequently.
- Add 1¼ cups water. Bring 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. Add **cumin-herb lemon vinaigrette with fresh garlic** to taste. Stir to combine. Season with salt and pepper to taste.*

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

6 PLATE YOUR DISH

- Divide **toasted pearl couscous** between bowls. Top with **chickpeas, zucchini, and tomatoes**. Garnish with **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (484g)

Amount per serving

Calories 740

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1780mg	77%
Total Carbohydrate 69g	25%
Dietary Fiber 12g	43%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 218mg	15%
Iron 5mg	30%
Potassium 739mg	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:

Zucchini, Thyme, Garbanzo Beans (Chickpeas) [chickpeas, water, salt, ascorbic acid], **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Grape Tomatoes, Seasoned Lemon Vinaigrette** (Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Garlic, Sea Salt, Ground Cumin, Parsley, Basil, Agave [organic agave syrup], Sunflower Oil [high oleic sunflower oil]), **Smoked Paprika & Garlic Blend** (Granulated Garlic, Smoked Paprika)

Allergen information:

Contains 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.