



GREEN PEA FALAFEL WITH TAHINI

roasted red pepper couscous, kale & cucumber salad

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
840

MENU
VEGAN // MEDITERRANEAN

Traditional falafel is made with chickpeas and/or broad beans, but here, we've swapped those out for green peas, which impart a touch of earthy, verdant sweetness. The peas are mixed with breadcrumbs, spiced tahini sauce, and scallion; formed into patties; then pan-fried to crispy perfection. Tender pearl couscous with roasted red peppers and a refreshing kale and cucumber salad complete the vibrant dish.

INGREDIENTS (11 ITEMS)

- 1 whole **Scallion**
- 2¾ oz **Green kale**
- 1 whole **Cucumber**
- 5¼ oz **Peas**
- ¼ cup **Breadcrumbs** w
- 2 tbsp **Flour** w
- 1½ tsp **Spicy cumin-allspice blend**
- 3½ oz **Za'atar-spiced tahini sauce with olive oil** t
- ½ cup **Toasted pearl couscous** w
- 2¼ oz **Roasted red peppers**
- ½ oz **Sunflower seeds**

WHAT YOU'LL NEED

- small pot with lid
- large nonstick pan
- large bowl
- measuring cup & spoons
- food processor
- cooking & olive oils
- salt & pepper

ALLERGENS

- w WHEAT
- t TREE NUTS (coconut)

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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Trim and thinly slice **scallion**.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Trim ends off **cucumber**; discard. Peel if desired. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.

*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 MAKE FALAFEL MIXTURE

- Place **peas** and about half the **scallion** in a food processor. Add **breadcrumbs**, **flour**, **spicy cumin-allspice blend**, about 1 tablespoon **za'atar-spiced tahini sauce**, 1 tablespoon olive oil, and ¼ teaspoon salt. Pulse ingredients for a few seconds to form a cohesive mixture.* Transfer **mixture** to a large bowl.

*If you don't have a food processor, place peas and about 1 tablespoon za'atar-spiced tahini sauce in a large bowl. Mash with a potato masher (or fork) into a chunky purée. Add breadcrumbs, flour, spicy cumin-allspice blend, about half the scallion, 1 tablespoon olive oil, and ¼ teaspoon salt. Fold and compress mixture for 1-2 minutes, or until it forms a cohesive mixture.

3 FORM FALAFEL

- Lightly wet hands with water. Form **falafel mixture** into six patties, about ½ inch thick. (Wash bowl.)
- Place **patties** on a plate. Transfer to refrigerator. Let chill at least 10 minutes.

4 COOK COUSCOUS

- Bring 1¼ cups water and ½ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous** and **roasted red peppers**. Reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water is absorbed. Remove from heat.
- Fluff **couscous** with a fork. Add remaining **scallion**. Drizzle with 1 tablespoon olive oil. Stir to combine. Season with salt and pepper to taste.

5 MAKE SALAD

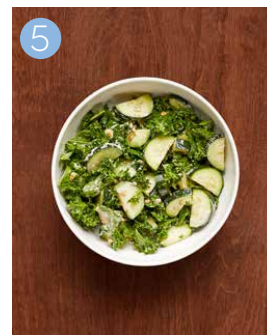
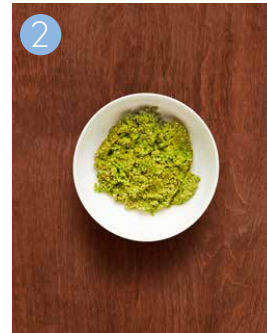
- Place **kale** in clean bowl used for falafel mixture. Drizzle with 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **cucumber** and **sunflower seeds**. Drizzle with 1-2 tablespoons **tahini sauce**. Toss to combine. Season with salt and pepper to taste.

6 COOK FALAFEL

- Heat 2 tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, add **patties**. Cook 4-5 minutes on each side, or until evenly browned.

7 PLATE YOUR DISH

- Divide **roasted red pepper couscous** between plates. Shingle **green pea falafel** over couscous. Drizzle remaining **tahini sauce** over falafel. Serve **kale and cucumber salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (449g)

Amount per serving

Calories **840**

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1180mg	51%
Total Carbohydrate 71g	26%
Dietary Fiber 12g	43%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 156mg	10%
Iron 9mg	50%
Potassium 909mg	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:

Green Kale, Cucumber, Sunflower Seeds [sunflower kernels, sunflower oil], **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Roasted Red Peppers** [bell pepper], **Za'atar Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Red Wine Vinegar [aged red wine vinegar], Olive Oil [olive oil], Garlic, Za'atar Seasoning [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], Sea Salt, Water, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Ascorbic Acid [ascorbic acid]), **Peas** [peas], **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento]), **All-Purpose Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Scallions**

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.

