



**GREEN
CHEF**

CAJUN-SPICED CHICKPEA POWER BOWLS

maple Brussels sprouts, kale rice, toasted pecans

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

920

MENU

VEGETARIAN // GLUTEN-FREE

This power bowl is brimming with a bevy of veggies in various forms. For the base, jasmine rice is simmered with vegetable broth until tender, then mixed with ribbons of lacinato kale. On top sit sweet maple-roasted Brussels sprouts and blackened Cajun-spiced chickpeas. The dish is finished with a drizzle of Creole Dijonnaise for creamy richness and a sprinkle of toasted pecans for a buttery crunch.

INGREDIENTS (9 ITEMS)

½ cup	Jasmine rice
1 whole	Vegetable stock concentrate
13¼ oz	Garbanzo beans (chickpeas)
1 tsp	Blackening spices
8 oz	Brussels sprouts
1 oz	Maple syrup
½ oz	Pecans <small>T</small>
2¾ oz	Lacinato kale
2 oz	Creole Dijonnaise <small>E S</small>

WHAT YOU'LL NEED

small pot with lid
medium sauté pan
2 baking sheets
medium bowl
measuring cup & spoons
strainer
oven mitt
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

<small>T</small> TREE NUTS (pecans)	<small>E</small> EGGS
<small>S</small> SOY	<small>M</small> MILK



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 Safe Spot Program.

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 RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, **vegetable stock concentrate**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16–18 minutes, or until rice is tender and water has absorbed.
- Add 1 tablespoon butter. Stir until butter has melted.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the rice in Step 5.)

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)**.
- Place **chickpeas** 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 **chickpeas** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–22 minutes, or until slightly crispy, stirring halfway through.

3 SEASON & ROAST BRUSSELS SPROUTS

- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Place **Brussels sprouts** in bowl used to season chickpeas. Drizzle with **maple syrup** and about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **Brussels sprouts** out in a single layer on a second lightly oiled, foil-lined baking sheet. Roast 6–10 minutes, or until fork-tender, stirring halfway through.

4 TOAST PECANS

- Place **pecans** in a dry, medium sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pecans** to a plate.

5 FINISH RICE

- Remove and discard any thick center stems from **lacinato kale**. Roll leaves into a large “cigar” and slice across into ribbons, about ¼ inch wide.
- Heat about 1 tablespoon cooking oil in pan used for pecans over medium heat. Add **kale** to hot pan. Season with salt and pepper. Cook 1–2 minutes, or until lightly wilted, stirring occasionally.
- Transfer **rice** to pan. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **kale rice** between bowls. Top with **Cajun-spiced chickpeas** and **maple Brussels sprouts**. Drizzle **Creole Dijonnaise** over chickpeas. Garnish with **toasted pecans**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (479g)

Amount per serving

Calories 920

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1640mg	71%
Total Carbohydrate 98g	36%
Dietary Fiber 16g	57%
Total Sugars 20g	
Includes 1g Added Sugars	2%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 189mg	15%
Iron 6mg	35%
Potassium 1227mg	25%

* 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:

Brussels Sprouts, Maple Syrup [organic pure maple syrup], **Jasmine Rice** [jasmine rice], **Lacinato Kale, Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **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])

Allergen information:

Contains Egg, Soy And 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.

