



**GREEN
CHEF**

APRICOT CHICKPEA COUSCOUS BOWLS

roasted zucchini, almonds, feta, za'atar crema

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
960

MENU
VEGETARIAN

The “power bowl” has become ubiquitous, but this one happens to be extra-special (read: extra-delicious). For the base, toasted pearl couscous is simmered in vegetable stock until tender, then mixed with lemon zest and chewy dried apricots. On top sits a heap of savory-sweet apricot-glazed chickpeas and tender roasted zucchini. The bowls are finished with za’atar crema for herby richness, plus a sprinkle of toasted almonds, crumbly feta, and scallion for seriously satisfying textural contrast.

INGREDIENTS (12 ITEMS)

2 whole **Vegetable stock concentrates**
 ½ cup **Toasted pearl couscous** **W**
 1 whole **Zucchini**
 1 whole **Scallion**
 1 whole **Lemon**
 13¼ oz **Garbanzo beans (chickpeas)**
 ½ oz **Roasted almonds** **T**
 2 oz **Sour cream** **M**
 1 tsp **Za’atar seasoning**
 2 oz **Feta cheese** **M**
 2¾ oz **Apricot jam**
 1 oz **Dried apricots**

WHAT YOU’LL NEED

small pot
 large oven-safe sauté pan
 baking sheet
 mixing bowls
 measuring cup & spoons
 strainer
 microplane
 oven mitt
 cooking & olive oils
 1 tbsp butter **M**
 salt & pepper

ALLERGENS

W WHEAT **T** TREE NUTS (almonds)
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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START COUSCOUS

- Preheat oven to 425 degrees.
- Bring 1¼ cups water, one of the **vegetable stock concentrates**, 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

- Trim ends from **zucchini***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ½ inch thick.
- Trim and thinly slice **scallion**.
- Zest half the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**. Squeeze juice from 1-2 **lemon wedges** over a separate small bowl, removing any seeds.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Roughly chop **roasted almonds**.

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

3 ROAST ZUCCHINI

- Place **zucchini** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Lightly season with salt and pepper. Stir to coat.
- Spread **zucchini** out in a single layer. Roast 8-10 minutes, or until fork-tender, stirring halfway through.

4 MAKE ZA'ATAR CREMA

- Place **sour cream**, **za'atar seasoning**, about half the **feta cheese**, about half the **scallion**, and 1 tablespoon **lemon juice** in a third small bowl. Season with salt and pepper. Stir to combine. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency.

5 COOK CHICKPEAS

- Heat about 1½ tablespoons cooking oil, remaining **vegetable stock concentrate**, and 1 tablespoon water in a large oven-safe sauté pan over medium heat. Add **chickpeas** to hot pan. Cook 4-5 minutes, or until heated through, stirring occasionally.
- Add **apricot jam** and 1 tablespoon butter.* Stir until butter has melted.
- Transfer pan to oven. Roast about 5 minutes, or until jam is hot and bubbly, stirring halfway through.**

**If needed, add another 1-2 teaspoons cooking oil.*

***To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

6 FINISH COUSCOUS

- Add **dried apricots** and 1 teaspoon **lemon zest** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **apricot couscous** between bowls. Top with **roasted zucchini**. Spoon **apricot chickpeas** over top. Drizzle with **za'atar crema**. Garnish with **almonds**, remaining **feta**, and remaining **scallion**. Serve with remaining **lemon wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (526g)

Amount per serving

Calories **960**

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 1350mg	59%
Total Carbohydrate 104g	38%
Dietary Fiber 13g	46%
Total Sugars 42g	
Includes 21g Added Sugars	42%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 301mg	25%
Iron 6mg	35%
Potassium 1056mg	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:

Garbanzo Beans (Chickpeas) [chickpeas, water, salt, ascorbic acid], **Zucchini, Lemon, Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Scallions, Dried Apricots** [apricot, rice flour, sulfur dioxide (added for color retention)], **Almonds** [almonds], **Apricot Jam** [sugar, raw apricots, water, dried apricots (with sulfur dioxide as a preservative and rice flour), citric acid, fruit pectin], **Sour Cream** [cultured cream], **Za'atar Seasoning** [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Toasted Pearl Couscous** [pearled couscous (wheat flour)]

Allergen information:

Contains Wheat, Milk 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.