



MEDITERRANEAN QUINOA BOWLS

with white bean patties, kale & cumin-herb lemon vinaigrette

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
930

Often the unsung hero of the legume world, cannellini beans take center stage in tonight's meat-free meal. Here, these nutrient-rich white beans are mashed with roasted red peppers, formed into patties, and then seared until golden. Served over kale, rainbow quinoa, and fresh cucumber and tomatoes, the patties are drizzled in a citrusy vinaigrette. A sprinkle of feta and mint ties it all together.

INGREDIENTS (12 ITEMS)

- ½ cup **Rainbow quinoa**
- ½ oz **Chia seeds**
- 13 ¼ oz **Cannellini beans**
- 2 ¾ oz **Green kale**
- 2 whole **Roma tomatoes**
- 1 whole **Cucumber**
- ⅛ oz **Mint**
- 2 ¼ oz **Roasted red peppers**
- ¼ cup **Breadcrumbs** W
- 1 ¼ tsp **Garlic, paprika & herb blend**
- 2 oz **Cumin-herb lemon vinaigrette**
- 2 oz **Feta cheese** M

WHAT YOU'LL NEED

- small pot with lid
- large nonstick pan
- mixing bowls
- measuring cup & spoons
- strainer
- potato masher
- 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 COOK QUINOA

- Bring 1 cup water and about ¼ teaspoon salt to a boil in a small pot. Stir in **rainbow quinoa** to boiling water. Return to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 18–22 minutes, or until quinoa is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

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

- Combine **chia seeds** and about 3 tablespoons water in a large bowl. Let soak at least 5 minutes, or until water is absorbed.
- Strain and rinse **cannellini beans**.
- Remove and discard any thick center stems from **green kale**.^{*} Roughly chop leaves into bite-size pieces.
- Medium dice **Roma tomatoes** into pieces, about ½ inch each.
- Cut ends off **cucumber**. Peel if desired. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- De-stem **mint**; finely chop leaves.

^{*}The ingredient you received may be a different color.

3 MAKE MIXTURE & FORM PATTIES

- Add **beans** to bowl with **chia seeds**. Mash with a potato masher (or fork) until mostly smooth. Add **roasted red peppers** and **breadcrumbs**. Season with **garlic, paprika, and herb blend**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Stir to combine.^{*} Using a silicone spatula, gently fold and compress the mixture until cohesive, 1–2 minutes.
- Form **mixture** into 6–8 balls. Flatten each ball into a patty, about ½ inch thick.
- Place **patties** on a plate. Transfer to refrigerator. Let set at least 5 minutes.

^{*}If the patty mixture is dry, add about 2 tablespoons olive oil.

4 MASSAGE KALE

- Place **kale** in a second large bowl. Drizzle with about 2 tablespoons of the **cumin-herb lemon vinaigrette**. Lightly season with salt. Massage until leaves soften.

5 SEASON TOMATOES & CUCUMBER

- Place **tomatoes** and **cucumber** in a medium bowl. Drizzle with 1–2 tablespoons olive oil. Lightly season with salt and pepper. Stir to coat.

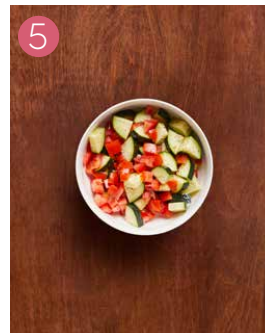
6 COOK PATTIES

- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium-high heat until shimmering. Once pan is hot, add **patties**. Cook 4–5 minutes on each side, or until patties are golden brown.^{*}

^{*}If the pan seems dry while cooking, add another 1–2 teaspoons of cooking oil.

7 PLATE YOUR DISH

- Divide **kale** between bowls. Mound **rainbow quinoa** over kale. Top with **tomatoes and cucumber**. Shingle **white bean patties** over quinoa and veggies. Drizzle with remaining **vinaigrette** to taste. Garnish with **feta cheese** and **mint**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (623g)

Amount per serving

Calories **930**

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1900mg	83%
Total Carbohydrate 88g	32%
Dietary Fiber 25g	89%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 330mg	25%
Iron 7mg	40%
Potassium 1725mg	35%

* 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:

Roma Tomatoes, Green Kale, Seasoned Lemon Vinaigrette (Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Sea Salt, Ground Cumin, Parsley, Basil, Agave [organic agave syrup], Olive Oil [olive oil], Granulated Garlic), **Cucumber, Rainbow Quinoa** [white quinoa, red quinoa, black quinoa], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Mint, Cannellini Beans** [cannellini beans, water, salt], **Roasted Red Peppers** [bell pepper], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Chia Seeds** [chia seeds], **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder)

Allergen information:

Contains Wheat And Milk

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.