



**GREEN
CHEF**

GINGER-TURMERIC CAULIFLOWER BOWLS

couscous, sautéed kale with apricots, cashew “Parmesan”

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
730

MENU
VEGAN

Cashew “Parmesan” adds a boost of umami flavor to everything it touches. This vegan “cheese” is as versatile as it is delicious—here, adding a savory nuttiness to tender cauliflower florets and apricot-studded sautéed kale. The vibrant veggies are piled over tender pearl couscous, then finished with a drizzle of our turmeric-spiced ginger vinaigrette for a bright and earthy boost. If you like things spicy, shower your dish with red pepper flakes for a kick. (Alternatively, if you’re not a fan, feel free to leave ‘em off entirely!)



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.

INGREDIENTS (10 ITEMS)

1 whole	Vegetable stock concentrate
½ cup	Toasted pearl couscous <small>W</small>
9¾ oz	Cauliflower
1 whole	Yellow onion
3½ oz	Green kale
½ oz	Sunflower seeds
2½ tbsp	Cashew “Parmesan” <small>T</small>
1 oz	Dried apricots
2 oz	Turmeric-spiced ginger vinaigrette
½ tsp	Crushed red pepper flakes

WHAT YOU’LL NEED

small pot with lid
medium & large sauté pans
measuring cup & spoons
cooking & olive oils
salt & pepper

ALLERGENS

W WHEAT
T TREE NUTS (cashews)

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 COOK COUSCOUS

- Bring 1¼ cups water, **vegetable stock concentrate**, and ¼ teaspoon salt to a boil in a small pot. Add **toasted pearl couscous** to boiling water. Stir, then 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.

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

- Cut **cauliflower** into bite-size pieces if necessary.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and medium dice into pieces, about ½ inch each.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.

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

3 COOK CAULIFLOWER

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-8 minutes, or until cauliflower begins to soften, stirring occasionally.
- Add 2 tablespoons water. Cook 3-5 minutes, or until tender, stirring occasionally.
- Add **sunflower seeds** and about half the **cashew "Parmesan."** Cook about 1 minute, or until sunflower seeds are lightly toasted, stirring occasionally. Remove from heat.

4 SAUTÉ KALE

- Heat about 1½ tablespoons olive oil in a medium sauté pan over medium heat. Add **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until onion is translucent, stirring occasionally.
- Add **kale, dried apricots**, and about 1 tablespoon water. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Remove from heat. Season with remaining **cashew "Parmesan."** Stir to combine. Season with salt and pepper to taste.

5 PLATE YOUR DISH

- Divide **couscous** between bowls. Top with **sautéed kale with apricots** and **"Parmesan" cauliflower**. Drizzle with **turmeric-spiced ginger vinaigrette**. Garnish with **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (427g)

Amount per serving

Calories 730

	% Daily Value*
Total Fat 46g	59%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1210mg	53%
Total Carbohydrate 68g	25%
Dietary Fiber 10g	36%
Total Sugars 20g	
Includes 4g Added Sugars	8%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 167mg	15%
Iron 4mg	20%
Potassium 1118mg	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:

Cauliflower, Green Kale, Dried Apricots [apricot, rice flour, sulfur dioxide (added for color retention)], **Sunflower Seeds** [sunflower kernels, sunflower oil], **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Yellow Onion, Crushed Red Pepper Flakes, Ginger Turmeric Vinaigrette** (Olive Oil [olive oil], Toasted Sesame Oil [toasted sesame oil], Puréed Ginger [ginger], Garlic, White Wine Vinegar [aged white wine vinegar], Lemon Juice [lemon], Agave [organic agave syrup], Turmeric, Sea Salt, Black Pepper), **Cashew “Parmesan”** (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper)

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.

