



**GREEN  
CHEF**

## HARISSA-ROASTED CAULIFLOWER BOWLS

*kale salad, raisin couscous, pistachios, feta*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

710

### MENU

MEDI

We took all the bold, spicy notes of harissa, an aromatic chili paste widely used in Middle Eastern and North African cooking, and turned it into a spice blend for roasted cauliflower. Toasted pearl couscous is bejeweled with raisins and served over kale salad with rainbow carrots. Cauliflower and toasted pistachios add more texture, while a drizzle of turmeric-spiced ginger vinaigrette rounds out the meal with peppery sweetness. A sprinkle of feta softens smoky harissa and ginger to create a perfectly balanced bowl.

### INGREDIENTS (11 ITEMS)

9¾ oz **Cauliflower**  
 1¼ tsp **Smoky harissa & ginger blend**  
 1 whole **Vegetable stock concentrate**  
 ½ cup **Toasted pearl couscous** W  
 1¼ oz **Raisins**  
 ½ oz **Pistachios** T  
 3½ oz **Lacinato kale**  
 1 whole **Scallion**  
 3½ oz **Turmeric-spiced ginger vinaigrette**  
 1¾ oz **Rainbow carrots**  
 2 oz **Feta cheese** M

### WHAT YOU'LL NEED

small pot  
 baking sheet  
 medium bowl  
 measuring cup & spoons  
 oven mitt  
 cooking & olive oils  
 salt & pepper

### ALLERGENS

W WHEAT  
T TREE NUTS (pistachios)  
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://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 ROAST CAULIFLOWER

- Preheat oven to 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Place **cauliflower** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with **smoky harissa and ginger blend**, ¼ teaspoon salt, and ¼ teaspoon pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 13-14 minutes, or until lightly browned. (You'll finish the cauliflower in Step 4.)

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 COOK COUSCOUS

- Bring 1¼ cups water, **vegetable stock concentrate**, and ½ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Return to a boil, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and liquid has absorbed.
- Remove from heat. Add **raisins**. Drizzle with 1 tablespoon olive oil. Stir to combine.

## 3 PREP

- Roughly chop **pistachios**.
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Trim and thinly slice **scallion**.

## 4 FINISH CAULIFLOWER

- Add **pistachios** to baking sheet with **cauliflower**. Stir to combine. (**Careful! Baking sheet is hot!**)
- Roast 5-6 minutes, or until cauliflower is fork-tender.

## 5 MAKE SALAD

- Place **kale** in bowl used for cauliflower. Drizzle with about 2½ tablespoons of the **turmeric-spiced ginger vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **rainbow carrots\*** and **scallion**. Toss to combine. Season with salt and pepper to taste.

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

## 6 PLATE YOUR DISH

- Divide **kale salad** between bowls. Top with **raisin couscous** and **harissa-roasted cauliflower**. Drizzle with remaining **turmeric-spiced ginger vinaigrette** to taste. Garnish with **feta cheese**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (370g)

**Amount per serving**

**Calories** **710**

	% Daily Value*
<b>Total Fat</b> 41g	53%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 1250mg	54%
<b>Total Carbohydrate</b> 69g	25%
Dietary Fiber 8g	29%
Total Sugars 25g	
Includes 5g Added Sugars	10%
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 3mg	15%
Potassium 878mg	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:

**Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Lacinato Kale**, **Cauliflower**, **Pistachios** [pistachio], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Rainbow Carrots**, **Raisins** [Thompson raisins], **Scallions**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Smoky Harissa & Ginger Blend** (Harissa Seasoning [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], Dried Ginger, Smoked Paprika), **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)

### Allergen information:

Contains Milk, 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.*

