



**GREEN
CHEF**

CAULIFLOWER & COUSCOUS BOWLS

kale, carrots, tomatoes, dates, almonds, miso-tahini sauce

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

670

MENU

VEGAN // MEDITERRANEAN

Roasting cauliflower totally transforms the veg by bringing out its sweet side, giving it crispy, caramelized edges and a golden-brown hue. Here, we've dusted it with a smoky harissa and ginger blend for a touch of earthy heat before popping it in the hot oven. It's piled atop tender pearl couscous strewn with sautéed kale, carrots, and dates. The dish is finished with a drizzle of our herb miso-tahini sauce for a bright boost, plus a shower of sliced almonds for a light crunch.

INGREDIENTS (10 ITEMS)

9¾ oz **Cauliflower**
1 whole **Yellow onion**
2¾ oz **Lacinato kale**
¾ oz **Dates**
4 oz **Grape tomatoes**
½ oz **Sliced almonds** ^T
1¾ tsp **Smoky harissa & ginger blend**
½ cup **Toasted pearl couscous** ^W
4 oz **Carrots**
2¼ oz **Herb miso-tahini sauce** ^S

WHAT YOU'LL NEED

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

ALLERGENS

^T TREE NUTS (almonds)
^W WHEAT
^S SOY



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

PREP

- Preheat oven to 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **lacinato kale**.^{*} Roughly chop leaves into bite-size pieces.
- Cut **dates** widthwise into slices, about ¼ inch thick.
- Halve **grape tomatoes**.
- Roughly chop **sliced almonds**.

^{}To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with 1½ tablespoons cooking oil. Season with **smoky harissa and ginger blend** and ½ teaspoon salt. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until fork-tender, stirring halfway through.

3

START COUSCOUS

- Bring 1¼ cups water and ¼ 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 1 tablespoon olive oil. Stir to coat.

4

FINISH COUSCOUS

- Heat 1½ tablespoons cooking oil in a large nonstick pan over medium-high heat. Add **carrots** and **onion** to hot pan. Lightly season with salt and pepper. Cook 4-5 minutes, or until carrots are fork-tender, stirring occasionally.
- Transfer **couscous** to pan. Add **kale** and **dates**. Drizzle with about half the **herb miso-tahini sauce**. Stir to combine. Season with salt and pepper to taste.

5

PLATE YOUR DISH

- Divide **toasted pearl couscous with veggies** between bowls. Top with **harissa-spiced cauliflower** and **tomatoes**. Drizzle with remaining **herb miso-tahini sauce**. Garnish with **almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (461g)

Amount per serving

Calories 670

	% Daily Value*
Total Fat 41g	53%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1190mg	52%
Total Carbohydrate 66g	24%
Dietary Fiber 12g	43%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 4mg	20%
Potassium 1043mg	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:

Cauliflower, 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), **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Carrots, Lacinato Kale, Yellow Onion, Grape Tomatoes, Dates** [organic dried pitted dates], **Green Goddess Dressing** (Tahini Sauce [sesame seeds], Miso Paste [organic whole soybeans, organic handmade rice koji, sun-dried sea salt, Blue Ridge Mountain well water, koji spores], Lemon Juice [lemon], Sea Salt, Black Pepper, Basil, Parsley, White Vinegar [organic distilled vinegar, diluted with water to 5% acidity], Granulated Garlic, Dried Dill, Sunflower Oil [high oleic sunflower oil], Water, Ascorbic Acid [ascorbic acid]), **Almonds** [almonds]

Allergen information:

Contains Tree Nuts, Soy 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.