



**GREEN
CHEF**

ROASTED BUTTERNUT SQUASH COUSCOUS BOWLS

Brussels sprouts, roasted peppers, apricots, basil pistou

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

640

MENU

VEGETARIAN // MEDITERRANEAN

For these Mediterranean-inspired bowls, a trip into the oven turns butternut squash into sweet, golden-around-the-edges, soft-on-the-inside morsels. Coated in a garlic, paprika, and herb blend, the hearty veg is piled over apricot-strewn pearl couscous mixed with sautéed Brussels sprouts and roasted red peppers, plus salty hits of feta cheese. Our ginger-spiked basil pistou adds an herby finish.

INGREDIENTS (8 ITEMS)

10½ oz **Butternut squash**
 1¼ tsp **Garlic, paprika & herb blend**
 ½ cup **Toasted pearl couscous** W
 1 oz **Dried apricots**
 4 oz **Brussels sprouts**
 1 oz **Roasted red peppers**
 2 oz **Feta cheese** M
 1¾ oz **Basil pistou**

WHAT YOU'LL NEED

small pot
 large sauté pan
 baking sheet
 large bowl
 measuring cup & spoons
 peeler
 oven mitt
 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP & COOK SQUASH

- Preheat oven to 425 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.
- Place **squash** in a large bowl. Drizzle with 1 tablespoon cooking oil. Season with about half the **garlic, paprika, and herb blend**, ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **squash** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–20 minutes, or until fork-tender, stirring halfway through.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

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 and ½ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous** and **dried apricots**. Return to a boil, 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 1 tablespoon olive oil. Stir to coat. (You'll finish the couscous in Step 4.)

3 FINISH PREP & COOK VEGGIES

- Halve **Brussels sprouts** lengthwise. Lay flat and cut across into strips, about ¼ inch wide; discard stem ends.
- Heat 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **Brussels sprouts** and **roasted red peppers** to hot pan. Season with remaining **garlic, paprika, and herb blend**. Lightly season with salt and pepper. Cook 5–7 minutes, or until Brussels sprouts are tender, stirring occasionally.

4 FINISH COUSCOUS

- Add **couscous** and about half the **feta cheese** to pan with **veggies**. Toss to combine. Season with salt and pepper to taste.

5 PLATE YOUR DISH

- Divide **couscous with apricots and veggies** between bowls. Top with **roasted butternut squash**. Drizzle with **basil pistou**. Garnish with remaining **feta**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (324g)

Amount per serving

Calories **640**

	% Daily Value*
Total Fat 39g	50%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1340mg	58%
Total Carbohydrate 62g	23%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 2g Added Sugars	4%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 4mg	20%
Potassium 869mg	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:

Butternut Squash, Garlic, Paprika & Herb Blend (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Brussels Sprouts, Basil Pistou** (Basil, Lemon Juice [lemon], Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Agave [organic agave syrup], Puréed Ginger [ginger], Garlic, Red Onions, Sunflower Seeds [sunflower seeds, hulled], Sea Salt, Black Pepper, Sunflower Oil [high oleic sunflower oil]), **Dried Apricots** [apricot, rice flour, sulfur dioxide (added for color retention)], **Roasted Red Peppers** [bell pepper], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)]

Allergen information:

Contains Milk 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.