



**GREEN
CHEF**

MOROCCAN-STYLE GREEN PEA FRITTERS

pistachio date couscous, roasted cauliflower

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
930

MENU
VEGAN

Trying to eat more green foods? We've got you covered. For tonight's dish, our chefs use peas to impart a touch of earthy sweetness to pan-fried fritters. The crispy patties are made with herb miso-tahini sauce and Moroccan-style seasoning for extra-delicious layers of flavor. Toasted pearl couscous with chewy dates and crunchy pistachios; spiced roasted cauliflower; and another drizzle of herb miso-tahini sauce complete the vibrant vegan dish.

INGREDIENTS (11 ITEMS)

9 oz **Peas**
 ¼ cup **Breadcrumbs** W
 ½ cup **Flour** W
 3½ oz **Herb miso-tahini sauce** S
 1¾ tsp **Moroccan-style seasoning**
 9¾ oz **Cauliflower**
 ½ oz **Pistachios** T
 ¾ oz **Dates**
 1 whole **Scallion**
 1 whole **Vegetable stock concentrate**
 ½ cup **Toasted pearl couscous** W

WHAT YOU'LL NEED

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

ALLERGENS

W WHEAT
S SOY
T TREE NUTS (pistachios)



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 MAKE MIXTURE & FORM FRITTERS

- Preheat oven to 400 degrees.
- Place **peas**, **breadcrumbs**, $\frac{1}{3}$ cup **flour** (reserve remaining flour for another use), and about 2 teaspoons **herb miso-tahini sauce** in a food processor.* Season with about half the **Moroccan-style seasoning**, about $\frac{1}{2}$ teaspoon salt, and a pinch of pepper. Pulse ingredients for a few seconds to form a cohesive mixture. Transfer **mixture** to a medium bowl.
- Lightly wet hands with water. Using a tablespoon, scoop and form **mixture** into 10 fritters, about $\frac{1}{2}$ inch thick.
- Place **fritters** on a plate. Transfer to refrigerator. Let set at least 10 minutes.

**If you don't have a food processor, place peas in a medium bowl. Mash with a potato masher (or fork) into a chunky purée. Add breadcrumbs, $\frac{1}{3}$ cup flour, and about 2 teaspoons herb miso-tahini dressing. Season with about half the Moroccan-style seasoning, about $\frac{1}{2}$ teaspoon salt, and a pinch of pepper. Using your hands, fold and compress the mixture until well combined, 1-2 minutes.*

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.
- Roughly chop **pistachios**.
- Cut **dates** widthwise into slices, about $\frac{1}{4}$ inch thick.
- Trim and thinly slice **scallion**.

3 ROAST CAULIFLOWER

- Place **cauliflower** on a lightly oiled, foil-lined baking sheet. Drizzle with about $1\frac{1}{2}$ tablespoons cooking oil. Season with remaining **Moroccan-style seasoning**, $\frac{1}{4}$ teaspoon salt, and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Roast 22-24 minutes, or until fork-tender, stirring halfway through.

4 COOK COUSCOUS

- Bring $1\frac{1}{4}$ cups water, **vegetable stock concentrate**, and about $\frac{1}{2}$ 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. (You'll finish the couscous in Step 6.)

5 COOK FRITTERS

- Heat about 2 tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, add **fritters**. Cook 4-5 minutes on each side, or until evenly browned.
- Transfer **fritters** to a paper-towel-lined plate. Sprinkle with salt.

6 FINISH COUSCOUS

- Add **pistachios** and **dates** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **pistachio date couscous** between plates. Fan **Moroccan-style green pea fritters** over top. Drizzle with remaining **herb miso-tahini sauce**. Garnish with **scallion**. Serve **roasted cauliflower** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (463g)

Amount per serving

Calories **930**

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2110mg	92%
Total Carbohydrate 99g	36%
Dietary Fiber 20g	71%
Total Sugars 19g	
Includes 1g Added Sugars	2%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 18mg	100%
Potassium 1653mg	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:

Toasted Pearl Couscous [pearled couscous (wheat flour)], **Cauliflower**, **Pistachios** [pistachio], **Dates** [organic dried pitted dates], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Scallions**, **Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Peas** [peas], **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]), **Moroccan-Style Seasoning** (Sweet Paprika, Smoked Paprika, Ground Cumin, Allspice [pimento], Cinnamon, Dried Ginger, Ground Coriander, Ground Cayenne Pepper)

Allergen information:

Contains Soy, Wheat And Tree Nuts

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.

