



**GREEN  
CHEF**

## ROASTED CHICKPEA & FIG COUSCOUS BOWLS

*cauliflower, kale, roasted red peppers, schug, feta*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

840

### MENU

VEGETARIAN // MEDITERRANEAN

If you love fresh and bright flavors, these bowls are calling your name. Crisp roasted chickpeas, sautéed cauliflower, roasted red peppers, and kale kicked up with oregano-garlic seasoning top a base of toasted pearl couscous enriched with dried figs. The bowls are finished with salty crumbles of feta and a drizzle of schug—a parsley-cilantro sauce that sings with aromatic spices.

### INGREDIENTS (9 ITEMS)

13¼ oz	<b>Garbanzo beans (chickpeas)</b>
2 tsp	<b>Oregano-garlic seasoning</b>
½ cup	<b>Toasted pearl couscous</b> <small>W</small>
9¾ oz	<b>Cauliflower</b>
2¾ oz	<b>Green kale</b>
1¼ oz	<b>Dried figs</b>
1 oz	<b>Roasted red peppers</b>
3 oz	<b>Schug sauce</b>
2 oz	<b>Feta cheese</b> <small>M</small>

### WHAT YOU'LL NEED

small pot  
large sauté pan  
baking sheet  
large bowl  
measuring cup & spoons  
strainer  
oven mitt  
cooking oil  
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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 SEASON & ROAST CHICKPEAS

- Preheat oven to 425 degrees.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Place **chickpeas** in a large bowl. Drizzle with 1 tablespoon cooking oil. Season with about half the **oregano-garlic seasoning**. Season lightly with salt and pepper. Stir to coat.
- Spread **chickpeas** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until crisp, stirring halfway through.\*

*\*It's natural for the chickpeas to pop a bit while roasting.*

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 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. (You'll finish the couscous in Step 5.)

## 3 PREP

- Cut **cauliflower** into bite-size pieces if necessary.
- Remove and discard any thick center stems\* from **green kale**\*\*. Roughly chop leaves into bite-size pieces.
- Cut stem ends off **dried figs**; discard. Finely chop **figs**.

*\*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!).*

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

## 4 SAUTÉ VEGGIES

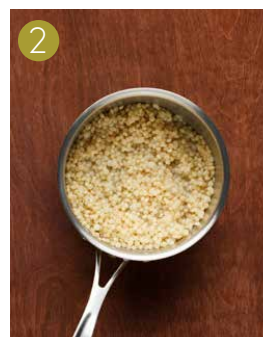
- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower** and **roasted red peppers** to hot pan. Season lightly with salt and pepper. Cook 8-10 minutes, or until cauliflower is tender, stirring occasionally.
- Add **kale**. Season with remaining **oregano-garlic seasoning**. Cook 2-3 minutes, or until kale is tender, stirring frequently. Season with salt and pepper to taste.

## 5 FINISH COUSCOUS

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

## 6 PLATE YOUR DISH

- Divide **fig couscous** between bowls. Top with **cauliflower and kale**. Pile **roasted chickpeas** over top. Drizzle with **schug sauce**. Garnish with **feta cheese**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (527g)

**Amount per serving**

**Calories** **840**

	% Daily Value*
<b>Total Fat</b> 42g	54%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 1080mg	47%
<b>Total Carbohydrate</b> 91g	33%
Dietary Fiber 18g	64%
Total Sugars 24g	
Includes 2g Added Sugars	4%
<b>Protein</b> 24g	
Vitamin D 0mcg	0%
Calcium 331mg	25%
Iron 7mg	40%
Potassium 1305mg	30%

\* 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:

**Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Dried Figs** [dried figs], **Cauliflower**, **Roasted Red Peppers** [bell pepper], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Green Kale**, **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes), **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley)

### 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.*