



ROASTED VEGGIE COUSCOUS BOWLS

garlic-lemon tahini, toasted almonds, dates

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
620

MENU
VEGAN // MEDITERRANEAN

Roasting veggies totally transforms them by bringing out their sweet side—giving them crispy, caramelized edges and a golden-brown hue. Here, we’ve dusted zucchini, onion, and bell pepper with a smoky cumin and coriander blend for a touch of earthiness before popping ‘em in the hot oven. They’re piled atop tender, pilaf-style pearl couscous strewn with dates and parsley. The dish is finished with a drizzle of our garlic-lemon tahini sauce for a bright boost, plus a shower of sliced almonds for a light crunch.

INGREDIENTS (11 ITEMS)

- 1 whole **Zucchini**
- 1 unit **Red bell pepper**
- 1 whole **Yellow onion**
- ¼ oz **Garlic**
- ¾ oz **Dates**
- ¼ oz **Parsley**
- 1½ tsp **Smoky cumin & coriander blend**
- ½ cup **Toasted pearl couscous** ^W
- 1 whole **Vegetable stock concentrate**
- ½ oz **Sliced almonds** ^T
- 3¼ oz **Garlic-lemon tahini sauce**

WHAT YOU’LL NEED

- small pot
- small sauté pan
- baking sheet
- medium bowl
- measuring cup & spoons
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- ^W WHEAT
- ^T TREE NUTS (almonds)



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.
- Trim ends from **zucchini***. Cut widthwise into pieces, about 3 inches long. Slice lengthwise into planks, about ½ inch thick. Cut planks lengthwise into fries, about ½ inch thick.
- Medium dice **red bell pepper*** into pieces, about ½ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Cut lengthwise into wedges, about ½ inch thick.
- Mince **garlic**.
- Cut **dates** widthwise into slices, about ¼ inch thick.
- De-stem **parsley**; roughly chop leaves.

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

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 VEGGIES

- Place **zucchini, bell pepper,** and **onion** in a medium bowl. Drizzle with 1½ tablespoons cooking oil. Season with **smoky cumin and coriander blend*** and a pinch of pepper. Stir to coat.
- Spread **veggies** out in an even layer on a lightly oiled, foil-lined baking sheet. Roast 15-17 minutes, or until fork-tender, stirring halfway through.

**The spice blend already contains salt; no need to add extra.*

3 START COUSCOUS

- Heat 1 tablespoon cooking oil in a small pot over medium heat. Add **toasted pearl couscous** and **garlic** to hot pot. Cook 1-2 minutes, or until couscous is lightly toasted, stirring frequently.
- Add 1¼ cups water, **vegetable stock concentrate**, and ¼ teaspoon salt. Stir to combine. Bring to a boil, then reduce heat to medium-low. Simmer 11-14 minutes, or until couscous is al dente and water is absorbed.
- Remove from heat. (You'll finish the couscous in Step 5.)

4 TOAST NUTS

- Place **sliced almonds** in a dry, small sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **almonds** to a plate.

5 FINISH COUSCOUS

- Return pot with **couscous** to stovetop over low heat. Add **dates**, about half the **parsley**, and about 2 tablespoons **garlic-lemon tahini sauce**. Stir to combine. Cook 1-2 minutes, or until warmed through, stirring occasionally.

6 PLATE YOUR DISH

- Divide **couscous** between bowls. Top with **roasted veggies**. Drizzle with remaining **garlic-lemon tahini sauce**. Garnish with **toasted almonds** and remaining **parsley**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (402g)

Amount per serving

Calories **620**

	% Daily Value*
Total Fat 36g	46%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 940mg	41%
Total Carbohydrate 61g	22%
Dietary Fiber 8g	29%
Total Sugars 18g	
Includes 1g Added Sugars	2%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 4mg	20%
Potassium 862mg	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)], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Parsley**, **Garlic**, **Dates** [organic dried pitted dates], **Almonds** [almonds], **Smoky Cumin & Coriander Blend** (Ground Cumin, Ground Coriander, Crushed Red Pepper Flakes, Granulated Garlic, Black Pepper, Dried Oregano, Smoked Paprika, Sea Salt), **Zucchini**, **Bell Peppers**, **Yellow Onion**, **Garlic-Lemon Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Olive Oil [olive oil], Granulated Garlic, Sea Salt, Water, Ascorbic Acid [ascorbic acid])

Allergen information:

Contains 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.