



**GREEN
CHEF**

HARISSA-ROASTED CAULIFLOWER BOWLS

kale salad, raisin couscous, pistachios, feta

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

710

MENU

VEGETARIAN // MEDITERRANEAN

We took all the bold, spicy notes of harissa, an aromatic chili paste widely used in Middle Eastern and North African cooking, and turned it into a spice blend for roasted cauliflower. Toasted pearl couscous is bejeweled with raisins and served over kale salad with rainbow carrots. Cauliflower and toasted pistachios add more texture, while a drizzle of turmeric-spiced ginger vinaigrette rounds out the meal with peppery sweetness. A sprinkle of feta softens smoky harissa and ginger to create a perfectly balanced bowl.

INGREDIENTS (11 ITEMS)

9¾ oz **Cauliflower**
 1¼ tsp **Smoky harissa & ginger blend**
 1 whole **Vegetable stock concentrate**
 ½ cup **Toasted pearl couscous** W
 1¼ oz **Raisins**
 ½ oz **Pistachios** T
 3½ oz **Lacinato kale**
 1 whole **Scallion**
 3½ oz **Turmeric-spiced ginger vinaigrette**
 1¾ oz **Rainbow carrots**
 2 oz **Feta cheese** M

WHAT YOU'LL NEED

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

ALLERGENS

W WHEAT
T TREE NUTS (pistachios)
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 PREP & ROAST CAULIFLOWER

- Preheat oven to 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Place **cauliflower** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with **smoky harissa and ginger blend**, ¼ teaspoon salt, and ¼ teaspoon pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 13-14 minutes, or until lightly browned. (You'll finish the cauliflower in Step 4.)

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, **vegetable stock concentrate**, and ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Return to a boil, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and liquid has absorbed.
- Remove from heat. Add **raisins**. Drizzle with 1 tablespoon olive oil. Stir to combine.

3 FINISH PREP

- Roughly chop **pistachios**.
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Trim and thinly slice **scallion**.

4 FINISH CAULIFLOWER

- Add **pistachios** to baking sheet with **cauliflower**. Stir to combine. (**Careful! Baking sheet is hot!**)
- Roast 5-6 minutes, or until cauliflower is fork-tender.

5 MAKE SALAD

- Place **kale** in bowl used for cauliflower. Drizzle with about 2½ tablespoons **turmeric-spiced ginger vinaigrette**. Lightly season with salt.* Massage until leaves soften.
- Add **rainbow carrots**** and **scallion** to bowl. Toss to combine.

*The feta cheese you'll add as garnish is salty; season accordingly.

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

6 PLATE YOUR DISH

- Divide **kale salad** between bowls. Top with **raisin couscous** and **harissa-roasted cauliflower**. Drizzle with remaining **turmeric-spiced ginger vinaigrette** to taste. Garnish with **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (370g)

Amount per serving

Calories 710

	% Daily Value*
Total Fat 41g	53%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1250mg	54%
Total Carbohydrate 69g	25%
Dietary Fiber 8g	29%
Total Sugars 25g	
Includes 5g Added Sugars	10%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 3mg	15%
Potassium 878mg	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)], **Lacinato Kale**, **Cauliflower**, **Pistachios** [pistachio], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Rainbow Carrots**, **Raisins** [Thompson raisins], **Scallions**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **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), **Ginger Turmeric Vinaigrette** (Olive Oil [olive oil], Toasted Sesame Oil [toasted sesame oil], Puréed Ginger [ginger], Garlic, White Wine Vinegar [aged white wine vinegar], Lemon Juice [lemon], Agave [organic agave syrup], Turmeric, Sea Salt, Black Pepper)

Allergen information:

Contains Milk, 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.

