



**GREEN
CHEF**

CHICKPEA & VEGGIE STUFFED PEPPERS

couscous, kale, apricots, tahini sauce, tomato mint topping

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

650

MENU

VEGAN // MEDITERRANEAN

These vegan stuffed peppers are brimming with refreshing and earthy flavor. Chickpeas and fragrant scallion are enhanced with lemon pepper seasoning; cooked with kale and Kalamata olives; then mixed in with toasted pearl couscous and chewy dried apricots. A drizzle of our tangy and creamy herb miso-tahini sauce brings it all together into the perfect filling for roasted bell pepper halves. A sunny mix of tomato, mint, and olive oil tops everything off.

INGREDIENTS (11 ITEMS)

½ cup	Toasted pearl couscous <small>W</small>
1 unit	Red bell pepper
13¼ oz	Garbanzo beans (chickpeas)
1 whole	Scallion
2¾ oz	Green kale
⅞ oz	Kalamata olives
1 whole	Roma tomato
⅞ oz	Mint
1 tsp	Lemon pepper & herb seasoning
1 oz	Dried apricots
2¼ oz	Herb miso-tahini sauce <small>S</small>

WHAT YOU'LL NEED

small pot
large sauté pan
baking sheet
small bowl
measuring cup & spoons
strainer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

W WHEAT
S SOY



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 COOK COUSCOUS

- Preheat oven to 425 degrees.
- Bring 1¼ cups water and ½ 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.

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

- Halve **red bell pepper*** lengthwise. Discard seed pod and stem.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Trim and thinly slice **scallion**.
- Remove and discard any thick center stems** from **green kale***. Roughly chop leaves into bite-size pieces.
- Roughly chop **kalamata olives**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- De-stem **mint**; finely chop leaves.

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

***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!).*

3 ROAST BELL PEPPER

- Place **bell pepper halves**, cut sides down, on a lightly oiled, foil-lined baking sheet. Drizzle with cooking oil. Rub to evenly coat. Lightly season with salt and pepper.
- Roast 10-12 minutes, or until just tender.

4 MAKE FILLING

- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **chickpeas** and **scallion** to hot pan. Season with **lemon pepper and herb seasoning**, ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Cook 3-5 minutes, or until scallion is just tender, stirring occasionally.
- Add **kale, olives**, and 2 tablespoons water. Cook 1-2 minutes, or until kale is just wilted, stirring occasionally.
- Add cooked **couscous** and **dried apricots**. Stir to combine. Season with salt and pepper to taste.
- Remove from heat. Drizzle with about half the **herb miso-tahini sauce**. Stir to coat.

5 STUFF BELL PEPPER

- Flip **bell pepper halves**. (**Careful! Baking sheet is hot!**) Spoon about ¼ cup **filling** into each half.*
- Return sheet to oven. Roast 3-4 minutes, or until filling is set.

**If there's excess filling after stuffing the bell pepper halves, reserve it in the pan for Step 7.*

6 MAKE TOPPING

- Place **tomato, mint**, and 1 tablespoon olive oil in a small bowl. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide any excess **filling** between plates. Top with **chickpea and veggie stuffed peppers**. Drizzle with remaining **herb miso-tahini sauce**. Garnish with **tomato mint topping**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (443g)

Amount per serving

Calories 650

	% Daily Value*
Total Fat 28g	36%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1540mg	67%
Total Carbohydrate 79g	29%
Dietary Fiber 16g	57%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 149mg	10%
Iron 6mg	35%
Potassium 1090mg	25%

* 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:

Bell Peppers, Toasted Pearl Couscous [pearled couscous (wheat flour)], **Green Kale, Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Scallions, Dried Apricots** [apricot, rice flour, sulfur dioxide (added for color retention)], **Roma Tomatoes, Mint, Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **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])

Allergen information:

Contains Soy 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.

