



**GREEN
CHEF**

BRUSSELS SPROUT, APPLE & FIG QUINOA BOWLS

cabbage, shallot, pistachios

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

570

MENU

VEGAN // GLUTEN-FREE
// FAST & FIT

Quinoa is the protein-packed foundation for these savory-meets-sweet vegan bowls. Crunchy cabbage, sweet Gala apple, chewy dried figs, and a tangy turmeric-spiced ginger vinaigrette get mixed in with quinoa for lots of texture. On top, golden brown roasted Brussels sprouts deliver rich flavor, thanks to a sprinkle of our Turkish spice blend before they go into the oven. Garnishes of pistachios and more dried figs deliver added chewiness and crunch as a finishing touch.

INGREDIENTS (10 ITEMS)

1 whole	Vegetable stock concentrate
½ cup	White quinoa
7¾ oz	Brussels sprouts
1 tbsp	Turkish spice blend
1 whole	Shallot
1¾ oz	Cabbage
1 whole	Gala apple
1¼ oz	Dried figs
½ oz	Pistachios ^T
1¾ oz	Turmeric-spiced ginger vinaigrette

WHAT YOU'LL NEED

small pot with lid
baking sheet
large bowl
measuring cup & spoons
oven mitt
cooking oil
salt & pepper

ALLERGENS

^T TREE NUTS (pistachios)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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 COOK QUINOA

- Preheat oven to 425 degrees.
- Bring 1 cup water, **vegetable stock concentrate**, and ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **white quinoa**. Return to a boil, then reduce heat to medium low. Cover pot with lid. Simmer 20-22 minutes, or until quinoa is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll use the quinoa 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 ROAST BRUSSELS SPROUTS

- Trim stem ends off **Brussels sprouts**. Halve lengthwise.
- Place **Brussels sprouts** in a large bowl. Drizzle with 1 tablespoon cooking oil. Season with **Turkish spice blend**, ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **Brussels sprouts** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-15 minutes, or until fork-tender, stirring halfway through. (Reserve bowl.)

3 PREP

- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Roughly chop **cabbage***.
- Stand **Gala apple** upright and cut off sides around core; discard core. Medium dice into pieces, about ½ inch each.
- Cut stem ends off **dried figs**; discard. Roughly chop **figs**.
- Roughly chop **pistachios**.

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

4 MAKE SALAD

- Place **quinoa**, **shallot**, **cabbage**, **apple**, and about half the **figs** in bowl used to season Brussels sprouts. Drizzle with **turmeric-spiced ginger vinaigrette**. Stir to combine. Season with salt and pepper to taste.

5 PLATE YOUR DISH

- Divide **quinoa salad** between bowls. Top with **roasted Brussels sprouts**. Garnish with **pistachios** and remaining **figs**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (325g)

Amount per serving

Calories **570**

	% Daily Value*
Total Fat 23g	29%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 850mg	37%
Total Carbohydrate 76g	28%
Dietary Fiber 14g	50%
Total Sugars 27g	
Includes 3g Added Sugars	6%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 5mg	30%
Potassium 1015mg	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:

Brussels Sprouts, Vegetable Stock Concentrate [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **White Quinoa** [white quinoa], **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), **Shallot, Red Cabbage, Dried Figs** [dried figs], **Pistachios** [pistachio], **Gala Apple, Turkish Spice Blend** [cumin, garlic powder, coriander, allspice, chili flakes]

Allergen information:

Contains 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.