



**GREEN
CHEF**

MEZZE-INSPIRED TOSSED SALAD

white beans, pickled radishes, tomatoes, dates, mint, za'atar pita

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

740

MENU

VEGAN

Throughout this dish are layers of Middle Eastern-inspired flavors, starting with za'atar-spiced pita bread ready to scoop it all up. The salad features crisp romaine lettuce, fresh tomatoes, sweet dates, spiced cannellini beans, and refreshing mint. That's tossed in our herb miso-tahini sauce (think lemon juice, herbs, sunflower oil, and tahini) before pickled radishes and a sprinkle of pine nuts are mixed in for tangy and crunchy bits on top.

INGREDIENTS (12 ITEMS)

2 oz **Radishes**
 ¾ oz **Red wine vinegar**
 5¼ oz **Romaine lettuce**
 4 oz **Grape tomatoes**
 1¼ oz **Dates**
 ⅞ oz **Mint**
 2 whole **Whole-wheat pita breads** **W**
 1 tsp **Za'atar seasoning**
 13¼ oz **Cannellini beans**
 ¾ tsp **Bahārāt spice blend**
 2¼ oz **Herb miso-tahini sauce** **S**
 ½ oz **Pine nuts** **T**

WHAT YOU'LL NEED

baking sheet
 mixing bowls
 measuring spoons
 strainer
 oven mitt
 cooking & olive oils
 1 tsp sweetener
 salt & pepper

ALLERGENS

W WHEAT
S SOY
T TREE NUTS (pine nuts)



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 PICKLE RADISHES

- Preheat oven to 400 degrees.
- Trim ends off **radishes** and cut in half. Lay flat and slice into half-moons, about ¼ inch thick.
- Place **radishes** in a small bowl. Add **red wine vinegar**, 1 teaspoon of your preferred sweetener, about ¼ teaspoon salt, and about 2 teaspoons water. Stir until sweetener and salt have mostly dissolved.
- Set aside, stirring occasionally, until ready to serve.

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 **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ½ inch wide; discard root end.
- Halve **grape tomatoes**. Place in a second small bowl. Drizzle with about 1 teaspoon olive oil. Season with salt and pepper to taste.
- Slice **dates** widthwise into rounds, about ¼ inch thick.
- De-stem **mint**; finely chop leaves.

3 SEASON & TOAST PITAS

- Quarter **whole-wheat pita breads**.
- Place **pitas** on a lightly oiled, foil-lined baking sheet. Lightly brush all over with olive oil. Season one side of each **pita** with **za'atar seasoning** to taste. Rub to coat. Toast 3–4 minutes, or until evenly browned.
- Transfer **pitas** to a plate.

4 SEASON BEANS

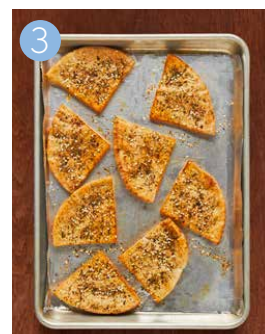
- Strain and rinse **cannellini beans**.
- Place **beans** in a large bowl. Season with **bahārāt spice blend**. Lightly season with salt. Drizzle with about 1 tablespoon olive oil. Stir to combine.

5 MAKE SALAD

- Add **lettuce**, about half the **tomatoes**, about half the **dates**, and about half the **mint** to bowl with **beans**. Drizzle with **herb miso-tahini sauce**. Toss to combine.

6 PLATE YOUR DISH

- Divide **salad** between bowls. Top with **pickled radishes** (discard pickling liquid), remaining **tomatoes**, remaining **dates**, and remaining **mint**. Garnish with **pine nuts**. Serve with **za'atar pita** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (511g)

Amount per serving

Calories 740

	% Daily Value*
Total Fat 25g	32%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1530mg	67%
Total Carbohydrate 97g	35%
Dietary Fiber 27g	96%
Total Sugars 23g	
Includes 5g Added Sugars	10%
Protein 30g	
Vitamin D 1mcg	6%
Calcium 167mg	15%
Iron 8mg	45%
Potassium 1508mg	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:

Dates [organic dried pitted dates], **Cannellini Beans** [cannellini beans, water, salt], **Grape Tomatoes**, **Romaine Lettuce**, **Red Wine Vinegar** [aged red wine vinegar], **Radishes**, **Mint**, **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]), **Whole-Wheat Pita Breads** [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate], **Za'atar Seasoning** [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], **Pine Nuts** [pine nuts], **Bahārāt Spice Blend** (Black Pepper, Ground Coriander, Ground Cumin, Allspice [pimento], Ground Cardamom, Ground Cloves, Cinnamon, Nutmeg, Sea Salt)

Allergen information:

Contains Tree Nuts, Wheat And Soy

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.