



In your box

- 1 Red Onion
- 2 Garlic Cloves
- ¼ oz. Parsley
- 1 Lemon
- 2 Persian Cucumbers
- 4 oz. Grape Tomatoes
- 2 oz. Roasted Red Peppers
- 1 cup Couscous
- 2 oz. Sour Cream
- 2 oz. Feta Cheese

CONTAINS milk, wheat



Mediterranean Couscous Bowl

with roasted red peppers and feta cheese

NUTRITION per serving—Calories: 753, Carbohydrates: 97g, Fat: 32g, Protein: 21g, Sodium: 1115mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
7 days

Difficulty Level ● ● ● ● ●
Easy

Spice Level ● ● ● ● ●
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Small Pot, Baking Sheet, 2 Mixing Bowls

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Bring 2 cups **water** to a boil in a small pot
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Halve and peel **onion**. Cut halves into ¼” slices.
- Mince **garlic**.
- Coarsely chop **parsley**, both stems and leaves.
- Zest **lemon**, halve, and juice.
- Trim **cucumbers** and cut into ¼” rounds.
- Halve **tomatoes**.



2

Roast the Red Onion

- Place **onion** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven until tender, 20-25 minutes.
- Remove from oven and carefully toss with **roasted red peppers**.
- While onion roasts, cook couscous.



3

Cook the Couscous

- Once water is boiling, add **couscous**, **garlic**, 1 Tbsp. **olive oil**, and a pinch of **salt** and **pepper**. Remove from burner.
- Stir, cover tightly, and set aside, 10 minutes.
- After 10 minutes, fluff couscous.
- While couscous sits, make sauce and salad.



4

Make the Sauce and Salad

- Combine **sour cream**, **parsley**, 2 tsp. **olive oil**, 1 tsp. **lemon juice**, 1 tsp. **water**, ½ tsp. **lemon zest**, and a pinch of **salt** and **pepper** in a mixing bowl.
- In another mixing bowl, combine **cucumber**, **tomatoes**, **feta cheese**, 1 tsp. olive oil, and a pinch of salt and pepper.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **couscous** with **red onion**, **roasted red peppers**, and **salad**. Serve **sauce** on the side. Bon appétit!