



MOROCCAN-SPICED BEAN BOWL

with Couscous and Feta



HELLO

MIXED BEANS

Beans are part of the 'legume' family, which are a great source of fibre and protein

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 549**



Mixed Beans



Couscous



Parsley



Orange Bell Pepper



Baby Spinach



Diced Tomatoes



Feta Cheese, crumbled



Lemon



Vegetable Broth Concentrate



Moroccan Spice Blend



Red Onion, chopped

BUST OUT

- Large Non-Stick Pan
- Strainer
- Measuring Cups
- Salt and Pepper
- Zester
- Olive or Canola oil
- Small Pot

INGREDIENTS

2-person | 4-person

- Mixed Beans 1 can | 2 can
- Couscous 1 ½ cup | 1 cup
- Parsley 10 g | 20 g
- Orange Bell Pepper 190 g | 380 g
- Baby Spinach 113 g | 227 g
- Diced Tomatoes 1 can | 2 can
- Feta Cheese, crumbled 2 28 g | 56 g
- Lemon 1 | 2
- Vegetable Broth Concentrate 2 | 4
- Moroccan Spice Blend 1 tbsp | 2 tbsp
- Red Onion, chopped 56 g | 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Using the Moroccan spice blend in the couscous and the bean mixture, is a great way to spread this delightful flavour throughout the whole dish!



1 PREP Wash and dry all produce.* In a small pot, bring ¾ cup water (double for 4 ppl) and 1 pkg broth concentrate (double for 4 ppl) to a boil over high heat. Core, then cut the bell pepper(s) into ½-inch cubes. Roughly chop the parsley. Rinse and drain the beans. Zest, then cut the lemon(s) into wedges.



4 MAKE SAUCE Add the tomatoes, beans, remaining Moroccan spice blend, remaining broth concentrate(s) and ½ cup water (double for 4 ppl) to the pan. Cook, stirring occasionally, until the sauce has thickened slightly and the beans are warmed through, 4-5 min. Add the spinach and cook, stirring together until the spinach wilts, 1-2 min. Season with salt and pepper.



2 START COUSCOUS When the liquid in the small pot is boiling, remove the pot from the heat and stir in the couscous and half the Moroccan spice blend. Cover and set aside, until the couscous is tender and water has been absorbed, 5 min.



5 FINISH AND SERVE Fluff the couscous with a fork and stir in lemon zest, parsley and half the feta. Divide the couscous and Moroccan beans between bowls. Sprinkle over the remaining feta. Squeeze over a lemon wedge, if desired.



3 COOK VEGGIES Meanwhile, heat a large non-stick pan over medium heat. Add a drizzle of oil, then the onion and peppers. Season with salt and pepper. Cook, stirring occasionally, until the peppers are tender-crisp, 4-5 min.

SO HEARTY!

The combo of veggies, beans and feta create a satisfying protein-packed meal.