

# Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts. The result is simple and delicious.

**20** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Brussels Sprouts  
Couscous  
Lemon Chai  
Vinaigrette  
Feta Cheese  
Walnuts

## Make The Meal Your Own

This meal is already low in carbs but to turn it into a fully **Carb Conscious version with only 24g of carbs per serving**, use half the couscous. It won't lose its magic and still be quite filling.

**If you're making the gluten-free version**, we've given you quinoa. Cooking it up is easy. Just bring 2.5 cups of water to a boil, then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more. (If you have leftover liquid, simply drain it off.)

**If you're making the vegan version**, we're skipping the feta. Add an extra pinch of salt and you'll be all set.

## Good To Know

**Health snapshot per serving** – 865 Calories, 19g Protein, 10g Fiber, 44g Carbs, 29 Smart Points

**Lightened up snapshot** – 515 Calories, 37g Fat and 17 Smart Points with ½ the cheese, nuts and vinaigrette.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Olive Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

meezmeals

1. **Get Organized**

Preheat your oven to 400 and put a saucepan of water on to boil.

2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until brown and crispy, 12 to 15 minutes.

3. **Cook the Couscous**

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

4. **Put It All Together**

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**