

# Broccoli with Curried Couscous

Inspired by the Barefoot Contessa's classic curried chicken salad. We love her combination of curry powder, fruit and nuts, and wanted to make a super healthy, super fast version. Enter broccoli florets and pearl couscous in place of chicken, and coconut milk in place of mayo. They add a flavor and nutritional boost we love, and it's all on the table in just 15 minutes. Talk about easy and sophisticated!

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Saucepan  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Couscous  
Broccoli  
Coconut Curry  
Sauce  
Fruit & Nuts  
Feta

## Make The Meal Your Own

**Omnivore's Option** – Ground lamb is a great addition. Cook it on a baking sheet for 5 to 7 minutes prior to adding the broccoli. Continue with step 3, adding the broccoli to the same baking sheet.

## Good To Know

**If you're making the gluten-free version**, we've given you quinoa instead of couscous. Boil it for 12 to 15 minutes. Drain, set aside and continue with step 3.

**If you're making the vegan version**, we've left out the feta, so we recommend finishing your dish with a big pinch of salt.

**If you're not a fan of feta**, we've sent you Parmesan, instead.

**Health snapshot per serving** – 600 Calories, 30g Fat, 18g Protein, 78g Carbs, 425mg Sodium, 9g Fiber 23 Smart Points

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

INGREDIENTS: Broccoli, Couscous, Coconut Milk, Feta Cheese, Raisins, Pecans, Dried Cherries, Walnuts, Brown Sugar, Concentrated Vegetable Stock, Curry Powder, Herbs

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### 1. Getting Organized

Preheat your oven to 350 and put a large saucepan of water on to boil.

### 2. Cook the Couscous

Add the **Couscous** to the boiling water and cook until al dente, about 5 to 7 minutes. Drain and set aside.

*You want the couscous to still have a bite to it.*

### 3. Cook the Broccoli

While the couscous is cooking, toss the **Broccoli** with 1 Tbsp of olive oil and spread on a baking sheet in a single layer. Bake until slightly softened and just starting to brown on the outside, about 7 to 9 minutes.

*The broccoli shouldn't be roasted - you just want it bright green and crisp.*

### 4. Put It All Together

Pour the **Coconut Curry Sauce** in your now-empty saucepan and heat on medium-high heat until just bubbling, about 1 to 2 minutes. Add the cooked couscous and **Fruit & Nuts** to the sauce and stir to coat. Stir in the broccoli.

*Use your largest saucepan - everything will be mixed together.*

Serve topped with **Feta**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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