

# LENTIL AND COUSCOUS POWER BOWLS

## with Misty and Blake

### Meal Kit / Ingredients

*Feeds 4 People*

2 cups Brown Lentils

1.5 cups Couscous

2 large Tomatoes

2 Cucumbers

1 bunch Cilantro

1 bunch Parsley

1 bag Green Onion

1 Lemon

1 head Garlic

1 tub Original Bitchin Sauce

1 box of CADIA Vegetable Broth

NOT included in meal kit: Coriander, Cumin, Paprika, Himalayan Sea Salt, Dulse, Vegan Butter (or Coconut Oil), Olive Oil. You can also season this dish however you like.

### Instructions for Lentils

Tip: soak lentils for 0.5 hour to 1 hour before cooking for faster cooking speed. Rinse lentils after soaking. In a medium pot bring 3 cups of liquid (some broth and some water) and 1 cup of lentils to a boil. Turn heat down to medium and let lentils simmer 15 minutes or until tender. Season to your liking with paprika, cumin, coriander, sea salt, dulse and minced garlic.

### Instructions for Couscous

In a medium size pot add 1.75 cup veggie broth and bring it to a boil. Add 1.5 cup couscous. Remove pot from heat. Let steam with lid on for 5 minutes. Dump into a bigger bowl and mix in olive oil, garlic, dulse, coriander, cumin, paprika, sea salt, lemon juice, grated lemon peel, and parsley.

*Lentils and couscous can be made earlier in the day or earlier in the week, for fast meal prep. This dish can even be served cold as a cold salad. Lentils and couscous are affordable and filling. It's easy to make enough to have an extra meal or two with leftovers. Quinoa can be subbed for couscous for those avoiding gluten.*

### Instructions for Chopping Veggies

Chop tomato, cucumber, green onion, cilantro to the size of your liking.

### Instructions for putting it all together

In a bowl put lentils, couscous, chopped veggies and then add Bitchin Sauce. Enjoy 😊