



**GREEN
CHEF**

VEGGIE & PESTO FLATBREADS

Kale salad with carrots, dried apricots & roasted almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

1110

MENU

VEGAN

Tonight's plant-based pizzas pack a punch of savory, Italian-inspired flavors. In this 30-minute meal, flatbreads are slathered with our rich basil pesto (sans dairy) and sprinkled with nutritional yeast (a classic vegan seasoning with cheesy, nutty notes). Cremini mushrooms, tomato slices, artichokes, and roasted red peppers are piled over top before it's all baked to a crispy-crust finish. A kale salad with dried apricots and almonds adds a fresh crunch on the side.

INGREDIENTS (12 ITEMS)

2 ¾ oz **Lacinato kale**
 4 oz **Cremini mushrooms**
 2 oz **Artichoke hearts**
 1 whole **Roma tomato**
 ½ oz **Roasted almonds** **T**
 1 ¾ oz **Balsamic vinaigrette**
 1 ¾ oz **Carrots**
 1 oz **Dried apricots**
 2 ¼ oz **Roasted red peppers**
 2 whole **Flatbreads** **W**
 1 ½ tbsp **Seasoned nutritional yeast**
 3 ½ oz **Dairy-free basil pesto with olive oil** **T**

WHAT YOU'LL NEED

large sauté pan
 baking sheet
 mixing bowls
 measuring spoons
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

T TREE NUTS (almonds)
W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 400 degrees.
- Remove thick center stems from **lacinato kale**. Slice **stems** into pieces, about ¼ inch each. Roughly chop **leaves** into bite-size pieces.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ½ inch thick.
- Roughly chop **artichoke hearts**.
- Cut **Roma tomato** widthwise into slices, about ¼ inch thick. Place in a small bowl. Drizzle with about 1 teaspoon olive oil. Season with salt and pepper. Turn to coat.
- Roughly chop **roasted almonds**.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

MAKE SALAD

- Place **kale leaves** in a medium bowl. Drizzle with about 1 tablespoon of the **balsamic vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **carrots** and **dried apricots**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

3

MAKE VEGGIE TOPPING

- Heat 2-3 tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** and **kale stems** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until veggies are lightly browned, stirring occasionally.
- Add **artichokes**, **roasted red peppers**, and about 1 tablespoon cooking oil. Stir to combine. Cook 3-4 minutes, or until mushrooms are tender, stirring occasionally.

4

START FLATBREADS

- Place **flatbreads** on a lightly oiled, foil-lined baking sheet. Drizzle about 1 tablespoon olive oil over each flatbread. Season with **seasoned nutritional yeast**, salt, and pepper. Spread **dairy-free basil pesto with olive oil** over flatbreads. Top with **tomato**.
- Transfer baking sheet to oven. Bake 2-3 minutes, or until flatbreads are lightly toasted.

5

FINISH FLATBREADS

- Spoon **veggie topping** evenly over **flatbreads**. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Bake 2-3 minutes, or until flatbreads are golden brown.

6

PLATE YOUR DISH

- Quarter **flatbreads**.
- Divide **veggie and pesto flatbreads** between plates. Serve **kale salad** on the side. Sprinkle **almonds** over salad. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (446g)

Amount per serving

Calories 1110

	% Daily Value*
Total Fat 85g	109%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1250mg	54%
Total Carbohydrate 76g	28%
Dietary Fiber 9g	32%
Total Sugars 14g	
Includes 2g Added Sugars	4%
Protein 17g	
Vitamin D 1mcg	6%
Calcium 285mg	20%
Iron 5mg	30%
Potassium 998mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Dairy-Free Basil Pesto (Granulated Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil]), **Cremini Mushrooms**, **Roma Tomatoes**, **Roasted Red Peppers** [bell pepper], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Flatbreads** [enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, "00" flour, olive oil, yeast, contains less than 2% of: sea salt, natural mold inhibitors (cultured wheat starch, cultured wheat flour, vinegar), canola oil, wheat gluten, sugar, semolina flour, ground millet, sugar, salt, natural flavor, ascorbic acid], **Lacinato Kale**, **Almonds** [almonds], **Dried Apricots** [apricots, sulfur dioxide, rice flour], **Seasoned Nutritional Yeast** (Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Onion Powder, Granulated Garlic, Dried Parsley), **Balsamic Vinaigrette** (Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Black Pepper, Balsamic Vinegar [wine vinegar, concentrated grape must], Sunflower Oil [high oleic sunflower oil]), **Carrots**

Allergen information:

Contains Tree Nuts And Wheat

Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.