



**GREEN  
CHEF**

## ARTICHOKE “CRAB” CAKES

*Quinoa with roasted red peppers, sautéed zucchini & walnuts*

**COOK TIME**  
40 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
1010

**MENU**  
VEGAN

These cakes are decidedly crustacean-free, but with tender, flaky artichokes, sweet corn, and savory Bay-style spices, you won't miss the crab. Crisped to a golden brown, the cakes are piled over fluffy quinoa with roasted red peppers and drizzled in our custom lemon tartar sauce for tangy, creamy notes. Sautéed zucchini with toasted walnuts adds an earthy complement to the savory meal.

### INGREDIENTS (10 ITEMS)

½ cup	<b>White quinoa</b>
2 ¼ oz	<b>Roasted red peppers</b>
1 ½ tbsp	<b>Chia seeds</b>
14 ¾ oz	<b>Artichoke hearts</b>
1 ½ oz	<b>Corn</b>
1 whole	<b>Zucchini</b>
½ oz	<b>Walnuts</b> <small>T</small>
1 cup	<b>Breadcrumbs</b> <small>W</small>
1 tbsp	<b>Bay-style spice blend</b>
3 ½ oz	<b>Lemon tartar sauce</b>

### WHAT YOU'LL NEED

small pot with lid  
large nonstick pan  
large bowl  
measuring cup & spoons  
food processor  
strainer  
cooking oil  
salt & pepper

### ALLERGENS

T TREE NUTS (walnuts)  
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://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 COOK QUINOA

- Bring 1 ¼ cups water and about ¼ teaspoon salt to a boil in a small pot. Add **white quinoa** and **roasted red peppers**. Stir. Return to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 16-18 minutes, or until quinoa is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

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 PREP

- Combine **chia seeds** and about 3 tablespoons water in a large bowl. Let soak at least 5 minutes, or until water is absorbed.
- Strain and rinse **artichoke hearts**. Place **artichokes** and **corn** in a food processor.\* Pulse until veggies are finely chopped.
- Trim ends off **zucchini**\*\* discard. Halve lengthwise. Lay flat and cut across into half-moons, about ¼ inch thick.
- Roughly chop **walnuts** if necessary.

*\*If you don't have a food processor, finely chop the artichokes and corn into rice-size pieces.*

*\*\*Your squash may be a different color. Either way, this dish will still be delicious!*

## 3 MAKE MIXTURE

- Add about ¾ cup of the **breadcrumbs** (or about one and a half of the breadcrumb packages), **Bay-style spice blend**, and about 3 tablespoons of the **lemon tartar sauce** to bowl with **chia seeds**. Stir to combine. Add **artichokes and corn**. Mix thoroughly for about 1 minute. Let **artichoke mixture** set at least 5 minutes.

## 4 FORM PATTIES

- Form **artichoke mixture** into eight patties, about ¼ inch thick.\*
- Place **patties** on a plate. Transfer to refrigerator. Let set at least 5 minutes.

*\*To make the artichoke "crab" cakes more cohesive, compress the artichoke mixture while forming the patties.*

## 5 COOK CAKES

- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, carefully add four **patties**. Cook 4-5 minutes on each side, or until golden brown.
- Transfer **cakes** to a plate.
- Repeat process with remaining **patties**.

## 6 SAUTÉ ZUCCHINI

- Heat about 1 ½ tablespoons cooking oil in pan used for artichoke cakes over medium-high heat. Add **zucchini** and **walnuts** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until zucchini is tender and walnuts are lightly toasted, stirring occasionally.

## 7 PLATE YOUR DISH

- Divide **quinoa with roasted red peppers** between plates. Shingle **artichoke "crab" cakes** over quinoa. Drizzle with remaining **tartar sauce**. Serve **sautéed zucchini and walnuts** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (560g)

**Amount per serving**

**Calories** 1010

	% Daily Value*
<b>Total Fat</b> 61g	78%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 2100mg	91%
<b>Total Carbohydrate</b> 97g	35%
Dietary Fiber 15g	54%
Total Sugars 12g	
Includes 1g Added Sugars	2%
<b>Protein</b> 19g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 6mg	35%
Potassium 790mg	15%

\* 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:

**White Quinoa** [white quinoa], **Zucchini, Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt], **Walnuts** [walnuts], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Corn, Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Bay-Style Spice Blend** (White Pepper, Celery Seeds, Dried Mustard, Ground Cayenne Pepper, Ground Fennel, Ground Bay Leaves, Sea Salt, Granulated Garlic, Dried Parsley, Kelp Granules [organic raw kelp]), **Chia Seeds** [chia seeds], **Lemon Tartar Sauce** (Vegan Mayonnaise [sunflower oil, aquafaba (water, chickpea, kombu seaweed), distilled vinegar, salt, sugar, lemon juice, white pepper], Lemon Juice [lemon], Sea Salt, Black Pepper, Pickle Relish [organic cucumbers, organic dried cane syrup, water, organic distilled vinegar, salt, organic dehydrated peppers, calcium chloride, xanthan gum, organic natural spice flavors, organic gum arabic])

### Allergen information:

Contains Wheat And Tree Nuts

*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.*

