



**GREEN
CHEF**

ARTICHOKE “CRAB” CAKES

Quinoa with roasted red peppers, sautéed zucchini & walnuts

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
930

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. Seared until golden brown, the cakes are piled over fluffy quinoa with roasted red peppers and drizzled in our house-made lemon tartar sauce for tangy, creamy notes. Sautéed zucchini with crunchy toasted walnuts adds even more veggies to the savory meal.

INGREDIENTS (11 ITEMS)

14 ¾ oz **Artichoke hearts**
 ⅓ cup **Corn**
 1 cup **Breadcrumbs** W
 1 tbsp **Bay-style spice blend**
 1 ½ tbsp **Chia seeds**
 3 ½ oz **Lemon tartar sauce**
 ½ cup **White quinoa**
 2 ¼ oz **Roasted red peppers**
 1 whole **Zucchini***
 ½ oz **Walnuts** T
 1 whole **Vegetable stock concentrate**

WHAT YOU'LL NEED

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

ALLERGENS

W WHEAT
T TREE NUTS (walnuts)



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.

*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Go to help.greenchef.com 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**, **roasted red peppers**, and **vegetable stock concentrate** to pot. Stir to combine. 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 about 5 minutes, or until water is absorbed.
- Strain and rinse **artichoke hearts**. Place **artichokes** and **corn** in a food processor.* Pulse until 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 artichokes and corn into rice-size pieces.*

3 MAKE MIXTURE

- Add 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 mixture while forming the patties.*

5 COOK CAKES

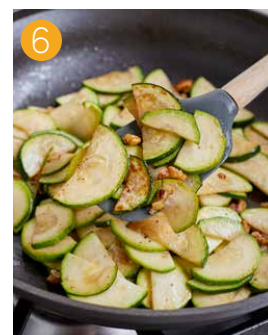
- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, carefully add four **patties**. Cook 4-5 minutes on each side, or until golden brown. Transfer **cakes** to a plate.
- Repeat process with remaining patties.

6 SAUTÉ ZUCCHINI

- Heat about 1 ½ tablespoons cooking oil in pan used for artichoke "crab" 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 with walnuts** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (543g)

Amount per serving

Calories **930**

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2560mg	111%
Total Carbohydrate 81g	29%
Dietary Fiber 13g	46%
Total Sugars 13g	
Includes 1g Added Sugars	2%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 215mg	15%
Iron 6mg	35%
Potassium 1054mg	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:

Artichoke hearts (artichoke hearts, water, salt, citric acid), **Lemon tartar sauce** (vegan mayonnaise [sunflower oil, aquafaba (water, chickpea, kombu seaweed), distilled vinegar, salt, sugar, lemon juice, white pepper], lemon juice, sea salt, black pepper, pickle relish), **Corn**, **Breadcrumbs**, **White quinoa**, **Chia seeds**, **Summer squash**, **Walnuts**, **Veggie stock concentrate**, **Roasted red peppers**, **Bay-style spice blend** (white pepper, celery seed, dried mustard, cayenne pepper, ground fennel seed, ground bay leaf, sea salt, granulated garlic, dried parsley, kelp granules)

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.