



CAULIFLOWER PICCATA PASTA

Sautéed green beans with almonds, Parmesan cheese

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
870

Our chefs' take on piccata sauce is bright, buttery, and briny — and it adds a sophisticated touch to the roasted cauliflower that stars in tonight's pasta dish. Here, the luscious sauce is made by stirring garlic, capers, fresh parsley, and a knob of butter into simmering lemon-spiked vegetable broth. It's tossed with twirly linguine, then paired with Parmesan-crusted cauliflower florets for a rich, savory accent. Sautéed green beans with almonds lend a subtle crunch to the meal.

INGREDIENTS (9 ITEMS)

- 6 oz **Linguine** W
- 10 oz **Cauliflower**
- 6 oz **Green beans**
- ¼ oz **Garlic**
- ¼ oz **Parsley**
- ½ oz **Sliced almonds** T
- ¼ oz **Capers**
- 6 oz **Vegetable broth with lemon juice**
- 2 oz **Parmesan cheese** M

WHAT YOU'LL NEED

- large pot
- medium & large sauté pans
- baking sheet
- measuring cup & spoons
- strainer
- whisk
- oven mitt
- cooking oil
- 4 tbsp butter M
- salt & pepper

ALLERGENS

- W WHEAT
- T TREE NUTS (almonds)
- M MILK



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 COOK PASTA

- Preheat oven to 375 degrees.
- Bring a large pot of lightly salted water to a boil. Add **linguine** to boiling water. Stir. Cook 9-12 minutes, or until al dente, stirring occasionally.
- Reserve about ¼ cup pasta cooking water. Strain **linguine**; shake off excess water. Return to pot.

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

- Cut **cauliflower** into bite-size pieces if necessary.
- Trim stem ends off **green beans**. Halve widthwise.
- Mince **garlic**.
- De-stem **parsley**; finely chop leaves.

3 START CAULIFLOWER

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, stirring occasionally.
- Transfer **cauliflower** to a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until cauliflower is browned, stirring halfway through (you'll finish cooking the cauliflower in Step 6).

4 COOK GREEN BEANS

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-6 minutes, or until blistered, stirring occasionally.
- Add **sliced almonds**. Cook about 2 minutes, or until green beans are tender and almonds are toasted, stirring occasionally.

5 MAKE PICCATA SAUCE

- Heat 2 tablespoons butter in pan used for cauliflower over low heat. Add **garlic** to pan. Cook 1-2 minutes, or until garlic is fragrant, stirring frequently.
- Add **capers**, **vegetable broth with lemon juice**, and about half of the reserved **pasta cooking water**.* Stir to combine. Cook 2-3 minutes, or until sauce is warmed through, stirring occasionally.
- Remove from heat. Add **parsley** and 2 tablespoons butter. Whisk until butter is melted.

**If the sauce is too thick, add more reserved pasta cooking water a splash at a time until smooth.*

6 FINISH CAULIFLOWER

- Sprinkle **Parmesan cheese** over baking sheet with **cauliflower**. (Careful! Baking sheet is hot!) Return baking sheet to oven. Roast 3-4 minutes, or until cheese is melted.

7 FINISH PASTA

- Transfer **linguine** to pan with **piccata sauce**. Season with salt and pepper to taste.* Stir to combine.
- *Make sure to taste the pasta after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

8 PLATE YOUR DISH

- Divide **linguine with piccata sauce** between bowls. Top with **Parmesan-crusted cauliflower**. Serve **sautéed green beans with almonds** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (477g)

Amount per serving

Calories 870

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 23g	115%
Trans Fat 1g	
Cholesterol 90mg	30%
Sodium 1360mg	59%
Total Carbohydrate 78g	28%
Dietary Fiber 9g	32%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 421mg	30%
Iron 5mg	30%
Potassium 855mg	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:

Green Beans, Almonds [almonds], **Cauliflower, Lemon Vegetable Broth** (Lemon Juice [lemon], Vegetable Broth [water, organic carrots, organic onions, organic celery, organic tomatoes, organic tomato paste, organic garlic, organic leeks, organic cane sugar, sea salt, organic bay leaves, organic parsley, organic thyme, organic molasses, organic carrot powder, organic onion powder, organic spices, organic expeller pressed canola and/or safflower and/or sunflower oil, organic flavoring, organic spices, organic potato flour, organic expeller pressed canola and/or safflower and/or sunflower oil]), **Capers** [capers, water, vinegar, salt], **Garlic, Linguine** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Parsley, Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes]

Allergen information:

Contains Milk, 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.