



**GREEN
CHEF**

ROASTED RAINBOW CARROTS & FENNEL

with rice, kale, dates & basil pistou, cheesy artichoke bread

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

800

We love rainbow carrots for their stunning jewel tones and sweet, earthy flavors. Tonight we roast them with fennel, which adds layers of caramelized, anise-like depth. The veggies are drizzled in an herby basil pistou and piled atop a bed of rice strewn with dates and kale. Cheesy artichoke bread, toasted to golden-brown perfection, adds a satisfying crunch on the side.

INGREDIENTS (12 ITEMS)

3 whole	Rainbow carrots
2 ½ oz	Fennel
3 oz	Basil pistou
¾ tsp	Italian herb & red pepper blend
½ cup	Jasmine rice
2 ¾ oz	Lacinato kale
1 oz	Dates
¼ oz	Garlic
1 whole	Ciabatta bread <small>W</small>
1 ¾ oz	Artichoke hearts
1 oz	Cream cheese <small>M</small>
1 oz	Parmesan cheese <small>M</small>

WHAT YOU'LL NEED

small pot with lid
2 baking sheets
mixing bowls
measuring cup & spoons
peeler
oven mitt
cooking & olive oils
1 tbsp butter M
salt & pepper

ALLERGENS

W WHEAT

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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP & COOK RICE

- Preheat oven to 425 degrees.
- Mince **garlic**.
- Bring **jasmine rice**, 1 cup water, **garlic**, and about ¼ teaspoon salt to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

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 FINISH PREP

- Cut tops off **rainbow carrots*** and peel. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ½ inch thick.
- Remove core from **fennel** with angled downward cuts. Slice into strips, about ¼ inch thick.
- Roughly chop **artichoke hearts**.
- Remove and discard any thick center stems from **Lacinato kale**. Roughly chop leaves into bite-size pieces.
- Small dice **dates** into pieces, about ¼ inch each.

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

3 ROAST CARROTS & FENNEL

- Place **carrots** and **fennel** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **Italian herb and red pepper blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots and fennel** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until carrots are fork tender, stirring halfway through.

4 MAKE TOPPING

- Place **artichokes**, **cream cheese**, and **Parmesan cheese** in a small bowl. Lightly drizzle with olive oil. Lightly season with salt and pepper. Stir to combine.

5 TOAST BREAD

- Halve **ciabatta bread** horizontally. Place **bread** (cut-sides up) on a second foil-lined baking sheet. Spread 1 tablespoon butter over cut sides of bread.
- Transfer baking sheet to oven. Toast 3-4 minutes, or until lightly browned.
- Spread **topping** over cut sides of bread. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Toast 3-4 minutes, or until topping is warmed through. Transfer **bread** to a cutting board.

6 FINISH RICE

- Fluff **rice** with a fork. Add **kale**, **dates**, and about 2 tablespoons of the **basil pistou**. Salt and pepper to taste. Stir to combine.

7 PLATE YOUR DISH

- Cut **cheesy artichoke bread** in half diagonally.
- Divide **rice with kale and dates** between plates. Top with **roasted carrots and fennel**. Drizzle with remaining **basil pistou**. Serve **cheesy artichoke bread** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (481g)

Amount per serving

Calories 800

	% Daily Value*
Total Fat 36g	46%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1250mg	54%
Total Carbohydrate 106g	39%
Dietary Fiber 11g	39%
Total Sugars 24g	
Includes 1g Added Sugars	2%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 368mg	30%
Iron 4mg	20%
Potassium 1237mg	25%

* 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:

Ciabatta Bread [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Rainbow Carrots**, **Jasmine Rice** [jasmine rice], **Dates** [organic dried pitted dates], **Garlic**, **Lacinato Kale**, **Fennel**, **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Basil Pistou** (Basil, Lemon Juice [lemon], Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Agave [organic agave syrup], Puréed Ginger [ginger], Garlic, Red Onions, Sunflower Seeds [sunflower seeds, hulled], Sea Salt, Black Pepper, Sunflower Oil [high oleic sunflower oil])

Allergen information:

Contains Milk 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.