



**GREEN  
CHEF**

# PORCINI MASHED POTATOES

*Creamy mushroom gravy, sautéed carrots, cabbage slaw*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

660

## MENU

VEGAN // GLUTEN-FREE

Any meal that stars mashed potatoes is a win in our book. For this veggie-centric dinner, we've upped their savory factor by stirring in earthy porcinis and topping them with a rich vegan mushroom gravy (made creamy and silky with game-changing cashew crema). Tender sautéed carrots, plus a crunchy, scallion-flecked cabbage slaw, round out the comforting 30-minute dish.

## INGREDIENTS (10 ITEMS)

9 oz **Yellow potatoes**  
 ⅓ oz **Dried porcini mushrooms**  
 2 whole **Carrots**  
 2 ¾ oz **Cabbage**  
 1 whole **Scallion**  
 4 oz **Cremeni mushrooms**  
 1 whole **Shallot**  
 1 ¾ oz **Sugar-free red-wine vinaigrette with Dijon**  
 1 whole **Mushroom stock concentrate**  
 1 ¼ oz **Cashew crema** <sup>T</sup>

## WHAT YOU'LL NEED

large pot  
 medium & large sauté pans  
 medium bowl  
 measuring cup & spoons  
 fine-mesh strainer  
 peeler  
 potato masher  
 cooking & olive oils  
 salt & pepper

## ALLERGENS

<sup>T</sup> TREE NUTS (cashews)



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



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**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 POTATOES

- Peel **yellow potatoes**\* if desired. Large dice into pieces, about ¾ inch each.
- Roughly chop **dried porcini mushrooms**.
- Place **potatoes** and **porcinis** in a large pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until potatoes are fork-tender.
- Strain **potatoes and porcinis**; shake off excess water. Return to pot.

*\*The ingredient you received may be a different color.*

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 tops off **carrots** and peel. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into sticks, about ½ inch thick.
- Roughly chop **cabbage**\* if necessary.
- Thinly slice **scallion**; discard root end.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Quarter **creminis**.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.

*\*The ingredient you received may be a different color.*

# 3 COOK CARROTS

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **carrots** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 10-12 minutes, or until fork-tender, stirring occasionally.

# 4 MAKE SLAW

- Place **cabbage** and about half of the **scallion** in a medium bowl. Drizzle with **sugar-free red-wine vinaigrette with Dijon** to taste. Salt and pepper to taste. Toss to combine.

# 5 MAKE MUSHROOM GRAVY

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **creminis** and **shallot** to hot pan. Cook 4-5 minutes, or until creminis are softened, stirring occasionally.
- Reduce heat to medium. Add about ⅓ cup water and **mushroom stock concentrate**. Cook 1-2 minutes, or until broth is warmed through, stirring occasionally.
- Remove from heat. Add **cashew crema**. Salt and pepper to taste. Stir to combine.

# 6 MASH POTATOES

- Mash **potatoes and porcinis** with a potato masher (or fork) until smooth. Drizzle with about 1 ½ tablespoons olive oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to combine.\*

*\*If the mixture is too thick, add water a tablespoon at a time until the desired consistency is reached.*

# 7 PLATE YOUR DISH

- Divide **porcini mashed potatoes** between plates. Spoon **creamy mushroom gravy** over top. Serve **sautéed carrots** and **cabbage slaw** on the side. Garnish with remaining **scallion**. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (466g)

Amount per serving

Calories 660

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1100mg	48%
Total Carbohydrate 53g	19%
Dietary Fiber 10g	36%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 96mg	8%
Iron 4mg	20%
Potassium 1575mg	35%

\* 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:

**Cremini Mushrooms, Shallot, Cashew Crema** [cashews, water, apple cider vinegar, lemon juice concentrate, extra virgin olive oil, salt, xantham gum], **Dried Porcini Mushrooms** [dried procini mushrooms], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Carrots, Yellow Potatoes, Red Cabbage, Scallions, Red Wine Vinaigrette** (Red Wine Vinegar [aged red wine vinegar], Lemon Juice [lemon], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Dried Oregano, Granulated Garlic, Sea Salt, Black Pepper, Olive Oil [olive oil])

## Allergen information:

Contains 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.