



**GREEN
CHEF**

CAVATAPPI & TURKEY MEATBALLS

cremini mushrooms, buttery chive breadcrumbs

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

1060

The pasta bowls on tonight's menu are brimming with springy cavatappi noodles, piled high with herbed turkey meatballs, and dusted with crispy, buttery chive breadcrumbs. Are you hungry yet? What's more, we've added in garlicky creminis, nutty-sweet Parmesan, and a creamy, dreamy pan sauce. For heat lovers, a shower of crushed red pepper flakes finishes off things on a spicy note.

INGREDIENTS (12 ITEMS)

6 oz **Cavatappi pasta** W
 ½ cup **Breadcrumbs** W
 10 oz **Ground turkey***
 ¼ tsp **Italian seasoning**
 ¼ oz **Chives**
 4 oz **Cremini mushrooms**
 ¼ oz **Garlic**
 1 oz **Sour cream** M
 1 oz **Cream cheese** M
 1 whole **Mushroom stock concentrate**
 1 oz **Parmesan cheese** M
 ½ tsp **Crushed red pepper flakes**

WHAT YOU'LL NEED

large pot
 medium nonstick pan
 mixing bowls
 measuring cup & spoons
 strainer
 thermometer
 cooking & olive oils
 3 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.

*Ground turkey is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. 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

- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **cavatappi pasta**. Cook 7-9 minutes, or until al dente, stirring occasionally.
- Reserve about ½ cup **pasta cooking water**. Strain **cavatappi**. Shake off excess water.
- Transfer **cavatappi** to a medium bowl. (Reserve pot.) Drizzle with about 1 teaspoon olive oil. Stir to coat.

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 MAKE MIXTURE & FORM MEATBALLS

- Place about half of the **breadcrumbs** and about 1 tablespoon water in a large bowl. Stir to combine. Let soak about 1 minute.
- Add **ground turkey** to bowl. Season with **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Mix thoroughly to evenly distribute ingredients.
- Form **mixture** into 8-10 meatballs, about 1 inch in diameter.

3 COOK MEATBALLS

- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium-high heat until shimmering. Once pan is hot, add **meatballs**. Cook 12-14 minutes, or until fully cooked, turning occasionally.
- Turn off heat. Transfer **meatballs** to a plate. Wipe out pan.

4 PREP

- Mince **chives**.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ½ inch thick.
- Mince **garlic**.

5 TOAST & SEASON BREADCRUMBS

- Heat 1 tablespoon butter in pan used for meatballs over medium-high heat. Add remaining **breadcrumbs** to hot pan. Cook 2-3 minutes, or until golden brown, stirring occasionally.
- Remove from heat. Add about half of the **chives**. Stir to combine. Season with salt and pepper to taste.
- Transfer **breadcrumbs** to a small bowl.

6 MAKE SAUCE & FINISH PASTA

- Heat about 1 tablespoon cooking oil in pot used for cavatappi over medium heat. Add **mushrooms** to hot pot. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **garlic**. Cook about 1 minute, or until fragrant, stirring frequently.
- Reduce heat to low. Add **sour cream**, **cream cheese**, reserved **pasta cooking water**, and **mushroom stock concentrate**. Simmer 2-3 minutes, or until sour cream and cream cheese are incorporated, stirring occasionally.
- Remove from heat. Transfer **cavatappi** and **meatballs** to pot. Add **Parmesan cheese**, remaining **chives**, and 2 tablespoons butter. Stir until butter has melted.

7 PLATE YOUR DISH

- Divide **cavatappi** and **turkey meatballs** between bowls. Top with **buttery chive breadcrumbs**. Garnish with **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (402g)

Amount per serving

Calories 1060

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 21g	105%
Trans Fat 0.5g	
Cholesterol 145mg	48%
Sodium 1150mg	50%
Total Carbohydrate 88g	32%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 53g	
Vitamin D 0mcg	0%
Calcium 242mg	20%
Iron 3mg	15%
Potassium 518mg	10%

* 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:

Ground Turkey [turkey], **Cavatappi Pasta** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Cremini Mushrooms**, **Garlic**, **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Sour Cream** [cultured cream], **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)], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Chives**, **Crushed Red Pepper Flakes**

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.