



GREEN CHEF

PESTO PENNE PRIMAVERA

squash, red peppers, peas, tomato balsamic reduction

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
1100

MENU
VEGAN

Wondering what makes our dairy-free pesto so creamy? The simple almond does the trick! Ground up with basil, garlic, lemon, and a bit of olive oil, the protein-rich nut creates a luscious texture for this Italian-style sauce. It's tossed with penne and sautéed veggies, then a balsamic reduction with tomato is spooned over the top to add some sweet tang.

INGREDIENTS (9 ITEMS)

- 6 oz **Penne pasta** W
- 1 whole **Roma tomato**
- 1 whole **Yellow squash**
- 1 oz **Sweetened balsamic vinegar**
- ½ oz **Sliced almonds** T
- ½ tsp **Italian seasoning**
- 2¼ oz **Roasted red peppers**
- 4½ oz **Peas**
- 7 oz **Dairy-free basil pesto with olive oil** T

WHAT YOU'LL NEED

- small & large pots
- large sauté pan
- measuring cup & spoons
- strainer
- cooking & olive oils
- salt & pepper

ALLERGENS

- W WHEAT
- T TREE NUTS (almonds)



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 COOK PASTA

- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **penne pasta**. Cook 9-12 minutes, or until al dente, stirring occasionally.
- Reserve about ¼ cup **pasta cooking water**. Strain **penne**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons 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 PREP

- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Trim ends off **yellow squash***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.

*The ingredient you received may be a different color.



3 MAKE REDUCTION

- Place **sweetened balsamic vinegar** and 2 tablespoons water in a small pot over medium heat. Bring to a simmer, then reduce heat to medium-low. Simmer 4-5 minutes, or until liquid has reduced by about half, stirring occasionally.
- Add **tomato**. Stir to combine. Remove from heat.



4 TOAST ALMONDS

- Place **sliced almonds** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **almonds** to a cutting board and allow to cool. Roughly chop.

5 SAUTÉ VEGGIES

- Heat about 1½ tablespoons cooking oil in pan used for almonds over medium heat. Add **squash** to hot pan. Season with **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Cook 3-4 minutes, or until tender, stirring occasionally.
- Add **roasted red peppers** and **peas**. Cook 2-3 minutes, or until peas are heated through, stirring occasionally.



6 FINISH PASTA

- Transfer **penne** to pan. Add **dairy-free basil pesto with olive oil** and reserved **pasta cooking water**. Stir to combine. Season with salt and pepper to taste.



7 PLATE YOUR DISH

- Divide **pesto penne primavera** between bowls. Top with **tomato balsamic reduction**. Garnish with **toasted almonds**. Enjoy!

Nutrition Facts

2 Servings per container

Serving size (470g)

Amount per serving

Calories **1100**

	% Daily Value*
Total Fat 77g	99%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	23%
Total Carbohydrate 85g	31%
Dietary Fiber 11g	39%
Total Sugars 13g	
Includes 3g Added Sugars	6%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 7mg	40%
Potassium 1012mg	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:

Penne Pasta [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Roma Tomatoes**, **Peas** [peas], **Roasted Red Peppers** [bell pepper], **Yellow Squash**, **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Almonds** [almonds], **Sweetened Balsamic Vinegar** (Balsamic Vinegar [wine vinegar, concentrated grape must], Agave [organic agave syrup]), **Dairy-Free Basil Pesto** (Granulated Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil])

Allergen information:

Contains Tree Nuts 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.