



**GREEN
CHEF**

ITALIAN ROASTED CARROTS & BARLEY

ricotta, Parmesan, mushrooms, hot honey, chives

COOK TIME

45 MIN

SERVINGS

2

CALORIES PER SERVING

910

MENU

VEGETARIAN

Luxuriously creamy ricotta is the perfect topping for tonight's scrumptious veggie and grain dish. Dolloped over herby roasted rainbow carrots, the Italian cheese offers cooling richness. A bed of barley and mushrooms is as hearty as it is delicious, while a drizzle of homemade hot honey rounds out the meal with some sweet, tangy heat.

INGREDIENTS (11 ITEMS)

¾ cup	Barley <small>W</small>
1 whole	Mushroom stock concentrate
3 whole	Rainbow carrots
¾ tsp	Italian herb & red pepper blend
1 oz	Parmesan cheese <small>M</small>
4 oz	Cremini mushrooms
¼ oz	Chives
4 oz	Ricotta cheese <small>M</small>
1 oz	Honey
¾ oz	White wine vinegar
½ tsp	Crushed red pepper flakes

WHAT YOU'LL NEED

small pot
medium pot with lid
large sauté pan
baking sheet
medium bowl
measuring cup & spoons
peeler
oven mitt
cooking oil
2 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 COOK BARLEY

- Preheat oven to 425 degrees.
- Heat about 1½ tablespoons cooking oil in a medium pot over medium-high heat. Add **barley** to hot pot. Season with ¼ teaspoon salt and a pinch of pepper. Cook about 2 minutes, stirring frequently.
- Stir in 2 cups water and **mushroom stock concentrate**. Bring to a boil, then cover and reduce heat to medium low. Cook 32-34 minutes, or until barley is tender* and water has absorbed, stirring occasionally.
- Remove from heat. Let rest 3 minutes, covered. Fluff with a fork. Season with salt and pepper to taste. (You'll finish the barley in Step 4.)

**Barley has a slightly firmer texture than some other grains.*

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 SEASON & ROAST CARROTS

- Trim, peel, and cut **rainbow carrots*** into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ½ inch thick.
- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **Italian herb and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. (Wipe out bowl.) Roast 12-14 minutes, or until fork-tender, stirring halfway through.
- Sprinkle **Parmesan cheese** over **carrots**. (**Careful! Baking sheet is hot!**) Roast 2-3 minutes more, or until cheese melts.

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

3 PREP & SEASON RICOTTA

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Quarter **mushrooms**.
- Mince **chives**.
- Place **ricotta cheese** in bowl used for carrots. Season with salt and pepper to taste.

4 COOK MUSHROOMS & FINISH BARLEY

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** to hot pan. Season with salt and pepper. Cook 3-5 minutes, or until softened, stirring occasionally.
- Remove from heat. Add **barley**, about half the **chives**, and 2 tablespoons butter. Stir until butter has melted.

5 MAKE HOT HONEY

- Place **honey**, **white wine vinegar**, and **crushed red pepper flakes*** in a small pot over medium heat. Bring to a simmer. Cook 2-3 minutes, or until frothy, stirring occasionally. Remove from heat.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

6 PLATE YOUR DISH

- Divide **barley with mushrooms** between plates. Top with **Italian roasted rainbow carrots**. Dollop **ricotta** over top. Drizzle with **hot honey** to taste. Garnish with remaining **chives**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (433g)

Amount per serving

Calories 910

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 60g	20%
Sodium 1140mg	50%
Total Carbohydrate 99g	36%
Dietary Fiber 18g	64%
Total Sugars 21g	
Includes 1g Added Sugars	2%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 410mg	30%
Iron 4mg	20%
Potassium 1088mg	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:

Barley [pearled barley], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Honey** [honey], **Crushed Red Pepper Flakes**, **White Wine Vinegar** [aged white wine vinegar], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Chives**, **Cremini Mushrooms**, **Rainbow Carrots**, **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt]

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.