



**GREEN
CHEF**

CHEESY FRENCH ONION CAULIFLOWER

Sautéed cremini mushrooms & kale, multigrain croutons

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

730

Our chefs were inspired by the rustic, soul-warming decadence of French onion soup—taking all the best elements and infusing them throughout this veggie-packed dish (and, ditching the need for spoons). Instead, garlic, thyme, and paprika-seasoned cauliflower florets are roasted until tender, then topped with melty Swiss cheese. Meanwhile, salt-and-pepper croutons turn toasty and golden in the oven. Cremini mushrooms, onion, and kale are sautéed in butter, then mixed with mushroom broth for umami oomph. Everything is layered together, sprinkled with chives, and just waiting for you to dig in.



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.

INGREDIENTS (10 ITEMS)

9 ¾ oz **Cauliflower**
1 whole **Multigrain mini loaf** S W
4 oz **Cremini mushrooms**
1 whole **Yellow onion**
3 ½ oz **Lacinato kale**
⅓ oz **Chives**
1 tsp **Garlic, thyme & paprika**
2 oz **Swiss cheese** M
4 ¾ oz **Seasoned mushroom broth** T
1 oz **Cream cheese** M

WHAT YOU'LL NEED

large sauté pan
2 baking sheets
medium bowl
measuring spoons
oven mitt
cooking oil
2 tbsp butter M
salt & pepper

ALLERGENS

S SOY W WHEAT
M MILK T TREE NUTS (coconut)

Wash and dry fresh produce. 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 PREP

- Preheat oven to 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Large dice **multigrain mini loaf** into pieces, about $\frac{3}{4}$ inch each.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about $\frac{1}{4}$ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about $\frac{1}{4}$ inch each.
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Mince **chives**.

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 CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with about $1\frac{1}{2}$ tablespoons cooking oil. Season with **garlic, thyme, and paprika**, about $\frac{1}{2}$ teaspoon salt, and about $\frac{1}{4}$ teaspoon pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–20 minutes, or until fork-tender, stirring halfway through.
- Move **cauliflower** to center of baking sheet. (**Careful! Baking sheet is hot!**) Sprinkle with **Swiss cheese**.
- Return baking sheet to oven. Roast 2–3 minutes, or until cheese melts.

3 MAKE CROUTONS

- Place **bread** in bowl used for cauliflower. Drizzle with about 1 tablespoon cooking oil. Season with about $\frac{1}{4}$ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **bread** out in a single layer on a second lightly oiled, foil-lined baking sheet. Bake 5–8 minutes, or until croutons are crisp and lightly browned, stirring halfway through.

4 SAUTÉ VEGGIES

- Heat 2 tablespoons butter and about $1\frac{1}{2}$ tablespoons cooking oil in a large sauté pan over medium heat. Add **mushrooms** and **onion** to hot pan. Season with about $\frac{1}{4}$ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3–4 minutes, or until onion is translucent and mushrooms are golden brown, stirring occasionally.
- Add **kale**. Cook 2–3 minutes, or until kale is wilted, stirring occasionally.
- Add **seasoned mushroom broth**. Cook about 2 minutes, or until liquid slightly reduces, stirring occasionally.

5 FINISH VEGGIES

- Add **cream cheese** to pan with veggies. Stir until cream cheese is incorporated.
- Transfer **croutons** to pan. Stir to combine.

6 PLATE YOUR DISH

- Divide **sautéed veggies with croutons** between plates. Top with **cheesy French onion cauliflower**. Garnish with **chives**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (503g)

Amount per serving

Calories **730**

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 1970mg	86%
Total Carbohydrate 48g	17%
Dietary Fiber 8g	29%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 396mg	30%
Iron 3mg	15%
Potassium 1046mg	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:

Cauliflower, Seasoned Mushroom Broth (Coconut Aminos [organic coconut tree sap, sea salt], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Apple Cider Vinegar [apple cider vinegar], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Garlic, Thyme & Paprika** (Dried Thyme, Granulated Garlic, Sweet Paprika), **Swiss Cheese** [pasteurized part-skim milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Cremini Mushrooms, Yellow Onion, Lacinato Kale, 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)], **Chives, Multigrain Mini Loaves** [unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, canola oil, molasses, granulated sugar, salt, dough conditioner, dough conditioner (soy protein, monoglycerides, modified cellulose salt, soybean oil, soy lecithin) cultured wheat flour, yeast, dough conditioner (wheat, flour, soybean oil, enzymes), wheat gluten, wheat bran, natural enzymes]

Allergen information:

Contains Wheat, Soy, Milk And 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.