



**GREEN
CHEF**

CREAMY CAVATAPPI WITH TURKEY

Tomato & roasted red pepper sauce, carrots, zucchini, Parm

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

830

Cavatappi is one of our very favorite pastas. The twirly shape takes its name from the Italian word for “corkscrew,” and you can see exactly why. It’s not only fun to eat, but also perfect from a practical standpoint: Its many nooks and crannies cling onto creamy sauce and catch all the mix-ins (here, turkey, tender carrots, and zucchini). No more hunting through strands of spaghetti, then twirling with a fork *and* spoon — with cavatappi, you can easily curate bite after perfect bite.

INGREDIENTS (10 ITEMS)

6 oz **Cavatappi pasta** W
 2 whole **Carrots**
 1 whole **Zucchini**
 10 oz **Ground turkey***
 1 oz **Cream cheese** M
 6 ¼ oz **Tomato & roasted red pepper sauce**
 1 whole **Chicken stock concentrate**
 ½ tsp **Italian seasoning**
 ½ tsp **Crushed red pepper flakes**
 1 oz **Parmesan cheese** M

WHAT YOU’LL NEED

medium pot
 large sauté pan
 measuring cup & spoons
 strainer
 peeler
 cooking & olive oils
 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 it’s no longer pink.

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 medium pot of lightly salted water to a boil. Add **cavatappi pasta** to boiling water. Stir. Cook 8-9 minutes, or until al dente, stirring occasionally.
- Reserve about ¼ cup pasta cooking water. Strain **cavatappi**; 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

- Cut tops off **carrots** and peel. Halve lengthwise. Lay flat and slice into half-moons, about ¼ inch thick.
- Trim ends off **zucchini**;* discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.

*The ingredient you received may be a different color.



3 COOK VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **carrots**. Season with about ½ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until carrots begin to soften, stirring occasionally.
- Add **zucchini**. Cook 1-2 minutes, or until lightly browned, stirring occasionally.



4 ADD TURKEY & FINISH PASTA

- Add **ground turkey** to pan with veggies. Stir to break up turkey. Cook 4-5 minutes, or until turkey is fully cooked and carrots are tender, stirring occasionally.
- Transfer **cavatappi** to pan. Add **cream cheese, tomato and roasted red pepper sauce, chicken stock concentrate**, and reserved **pasta cooking water**. Season with **Italian seasoning**. Bring to a simmer. Salt and pepper to taste. Stir until cream cheese is incorporated.



5 PLATE YOUR DISH

- Divide **creamy cavatappi with turkey** between bowls. Garnish with **crushed red pepper flakes** to taste (or omit) and **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (569g)

Amount per serving

Calories 830

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 1350mg	59%
Total Carbohydrate 94g	34%
Dietary Fiber 9g	32%
Total Sugars 18g	
Includes 2g Added Sugars	4%
Protein 51g	
Vitamin D 0mcg	0%
Calcium 268mg	20%
Iron 6mg	35%
Potassium 1124mg	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:

Ground Turkey [turkey], **Carrots**, **Zucchini**, **Cavatappi Pasta** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **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)], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Crushed Red Pepper Flakes**, **Tomato & Roasted Red Pepper Sauce** (Garlic, Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Balsamic Vinegar [wine vinegar, concentrated grape must], Sea Salt, Black Pepper, Agave [organic agave syrup], Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Coriander, Ground Fennel, Ascorbic Acid [ascorbic acid])

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.