



**GREEN
CHEF**

CREAMY FARFALLE & BRUSSELS SPROUTS

roasted red peppers, feta cheese, almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

840

MENU

VEGETARIAN

Behind every good pasta dish is a great sauce. Our choice for tonight's menu? A tomato cream sauce made with heavy cream, crushed tomatoes, Parmesan, lemon juice, and Italian herbs. Here, we've tossed farfalle (aka bow ties) in the luxurious stuff, then topped it all off with earthy roasted Brussels sprouts and red peppers. A handful of crunchy almonds and crumbly feta cheese lends the dish textural complexity in the best way.

INGREDIENTS (7 ITEMS)

6 oz **Farfalle pasta** W
 11¾ oz **Brussels sprouts**
 ½ oz **Roasted almonds** T
 2¼ oz **Roasted red peppers**
 ¾ tsp **Italian herb & red pepper blend**
 7¾ oz **Tomato cream sauce** M T
 2 oz **Feta cheese** M

WHAT YOU'LL NEED

large pot
 small sauté pan
 baking sheet
 medium bowl
 measuring cup & spoons
 strainer
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

W WHEAT
T TREE NUTS (almonds, coconut)
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 PASTA

- Preheat oven to 425 degrees.
- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **farfalle pasta**. Cook 8-10 minutes, or until al dente, stirring occasionally.
- Reserve about ¼ cup **pasta cooking water**. Strain **farfalle**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat. (You'll finish the pasta in Step 6.)

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

- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Roughly chop **roasted almonds**.

3 SEASON & ROAST VEGGIES

- Place **Brussels sprouts** and **roasted red peppers** 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 combine.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 10-15 minutes, or until Brussels sprouts are fork-tender, stirring halfway through. (You'll finish the veggies in Step 5.)

4 WARM SAUCE

- Heat about 1 tablespoon cooking oil in a small sauté pan over medium-high heat. Add **tomato cream sauce** and reserved **pasta cooking water**. Cook 3-4 minutes, or until warmed through and slightly reduced, stirring occasionally.

5 FINISH VEGGIES

- Return **veggies** to bowl used for seasoning. (**Careful! Baking sheet is hot!**) Add **feta cheese** and **almonds**. Stir to combine.

6 FINISH PASTA

- Transfer **sauce** to pot with **farfalle**. Stir to coat. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **creamy farfalle** between plates. Top with **roasted Brussels sprouts and red peppers**. Spoon any remaining **sauce** from pot over top. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (433g)

Amount per serving

Calories 840

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 1200mg	52%
Total Carbohydrate 90g	33%
Dietary Fiber 12g	43%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 306mg	25%
Iron 7mg	40%
Potassium 1105mg	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:

Farfalle Pasta [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Creamy Tomato Sauce** (Whipping Cream [organic grade A cream (milk), carrageenan], Coconut Milk [coconut milk, water, xanthan gum], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Water, Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], White Pepper, Sea Salt, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Granulated Garlic, Nutmeg, Agave [organic agave syrup]), **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Brussels Sprouts**, **Almonds** [almonds], **Roasted Red Peppers** [bell pepper], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)]

Allergen information:

Contains Milk, 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.