



GREEN CHEF

CREAMY MUSHROOM PENNE

with peas, sun-dried tomatoes, cashew "Parmesan," crostini

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
970

MENU
VEGAN

Tonight's creamy vegan pasta is brimming with umami-rich ingredients. Mushrooms (here, in the form of fresh creminis and stock concentrate), sun-dried tomatoes, and cashew "Parmesan" are all packed with that ultra-savory "fifth taste." The aforementioned ingredients, along with sweet green peas, are combined with coconut milk to form a velvety sauce for protein-packed red lentil penne. On the side, there's even more savory goodness: crostini slices piled with tangy balsamic tomatoes. One bite will have you hooked.

INGREDIENTS (13 ITEMS)

- ½ oz **Sun-dried tomatoes**
- 4 oz **Cremini mushrooms**
- 1 whole **Yellow onion**
- 4 oz **Grape tomatoes**
- ¼ oz **Garlic**
- 1 whole **Multigrain mini loaf** S W
- 8 oz **Explore Cuisine® Red Lentil Penne**
- 2 ½ oz **Peas**
- 5 oz **Coconut milk** T
- 1 whole **Mushroom stock concentrate**
- ¼ tsp **Italian seasoning**
- 2 tbsp **Cashew "Parmesan"** T
- 1 ¾ oz **Balsamic vinaigrette**

WHAT YOU'LL NEED

- large pot
- large sauté pan
- 2 baking sheets
- medium bowl
- measuring cup & spoons
- fine-mesh strainer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- S SOY
- W WHEAT
- T TREE NUTS (cashews, coconut)

4 COOKING FOR
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 PREP

- Preheat oven to 425 degrees.
- Roughly chop **sun-dried tomatoes**.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ inch each.
- Halve **grape tomatoes**.
- Mince **garlic**.
- Cut **multigrain mini loaf** widthwise into slices, about ½ inch thick.*

*Using a serrated knife will allow you to cut the bread into more uniform slices.

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 COOK PASTA

- Bring a large pot of lightly salted water to a boil.
- Add **sun-dried tomatoes** and about half of the **Explore Cuisine® Red Lentil Penne** to boiling water (reserve remaining half for another use). Stir. Reduce heat to a simmer. Cook 6-8 minutes, or until penne is al dente.
- Reserve about ½ cup pasta cooking water. Strain **penne and sun-dried tomatoes**. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat.

3 MAKE SAUCE

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **peas** and **onion**. Cook 3-4 minutes, or until onion is translucent, stirring occasionally.
- Add **coconut milk**, reserved **pasta cooking water**, and **mushroom stock concentrate**. Season with **Italian seasoning** and **cashew "Parmesan."** Stir to combine. Cook 2-3 minutes, or until sauce slightly thickens, stirring occasionally. Remove from heat.

4 MAKE BALSAMIC TOMATO TOPPING

- Place **grape tomatoes** and **garlic** in a medium bowl. Drizzle with **balsamic vinaigrette**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.
- Spread **grape tomatoes and garlic** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 4-6 minutes, or until tomatoes are blistered.

5 MAKE CROSTINI

- Place **bread** on a second foil-lined baking sheet. Drizzle with 1-2 teaspoons cooking oil. Lightly season with salt and pepper.
- Transfer baking sheet to oven. Toast 3-5 minutes, or until lightly browned.
- Remove from oven. Spoon **balsamic tomato topping** onto **bread**. (Careful! Both baking sheets are hot!)

6 FINISH PASTA

- Transfer **penne with sun-dried tomatoes** to pan with sauce. Stir to coat.

7 PLATE YOUR DISH

- Divide **creamy mushroom penne** between bowls. Serve **balsamic tomato crostini** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (461g)

Amount per serving

Calories 970

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 18g	90%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1290mg	56%
Total Carbohydrate 93g	34%
Dietary Fiber 10g	36%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 98mg	8%
Iron 7mg	40%
Potassium 1229mg	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:

Red Lentil Penne Pasta [organic red lentil flour, organic brown rice flour], **Coconut Milk** [coconut extract, water, citric acid, sodium metabisulfite], **Sun-Dried Tomatoes** [organic dried tomatoes], **Yellow Onion, Cremini Mushrooms, Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Peas** [peas], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Cashew “Parmesan”** (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper), **Garlic, 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], **Grape Tomatoes, Balsamic Vinaigrette** (Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Black Pepper, Balsamic Vinegar [wine vinegar, concentrated grape must], Sunflower Oil [high oleic sunflower oil])

Allergen information:

Contains Wheat, Soy 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.