



**GREEN  
CHEF**

# PORTOBELLOS WITH LEMON AÏOLI

*Caramelized onion, barley, apricot-glazed green beans*

## COOK TIME

40 MIN

## SERVINGS

2

## CALORIES PER SERVING

880

## MENU

VEGAN

Portobello mushrooms boast a meaty texture and a deep, savory flavor. In tonight's vegan dish, we're taking that to the next level by giving them a steak-like treatment. The mushrooms are cut into strips, tossed in umami-rich Worcestershire sauce, and cooked until tender along with caramelized onion for some lusciously sweet contrast. That's served atop a bed of barley, drizzled with our bright and creamy lemon aïoli, with a side of apricot-glazed green beans for a fresh pop.

## INGREDIENTS (7 ITEMS)

¾ cup **Barley** W  
 2 whole **Portobello mushrooms**  
 1 whole **Yellow onion**  
 6 oz **Green beans**  
 1 ¾ oz **Gluten-free Worcestershire sauce** S  
 1 oz **Apricot jam**  
 2 ¾ oz **Vegan lemon aïoli**

## WHAT YOU'LL NEED

small pot with lid  
 medium sauté pan  
 medium nonstick pan  
 medium bowl  
 measuring cup & spoons  
 cooking oil  
 salt & pepper

## ALLERGENS

W WHEAT  
S SOY



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](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 COOK BARLEY

- Heat about 1 ½ tablespoons cooking oil in a small pot over medium-high heat. Add **barley** to hot pot. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook about 2 minutes, stirring frequently.
- Add 2 cups water. Stir. Bring to a boil, then reduce heat to medium-low. Cover pot with lid. Cook 32–34 minutes, or until barley is tender and water is absorbed, stirring occasionally.
- Remove from heat. Let rest, covered, 3 minutes.

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

- Wipe **portobello mushrooms** clean with damp paper towels. Remove any stems. Scrape out gills with a spoon. Cut lengthwise into strips, about 1 inch wide. Halve strips widthwise.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Slice remaining half lengthwise into strips, about ¼ inch thick.
- Trim stem ends off **green beans**. Halve widthwise.

## 3 SEASON MUSHROOMS

- Place **mushrooms** in a medium bowl. Drizzle with **gluten-free Worcestershire sauce**. Turn to coat.

## 4 COOK MUSHROOMS & ONION

- Heat about 1 ½ tablespoons cooking oil in a medium nonstick pan over medium heat. Add **mushrooms** (with any excess sauce) to hot pan. Cook 3–4 minutes (undisturbed).
- Add **onion**. Stir to combine. Cook 5–6 minutes (undisturbed), or until mushrooms are golden brown and onion is caramelized.

## 5 COOK GREEN BEANS

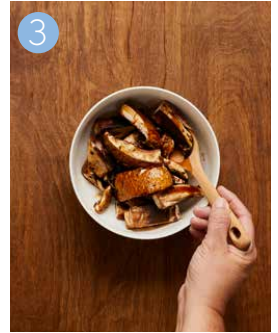
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4–5 minutes, or until tender, stirring occasionally.
- Remove from heat. Add **apricot jam**. Stir to coat.

## 6 FINISH BARLEY

- Fluff **barley** with a fork. Add about half of the **vegan lemon aioli**. Stir to combine.

## 7 PLATE YOUR DISH

- Divide **barley with lemon aioli** between plates. Top with **portobellos and caramelized onion** and **apricot-glazed green beans**. Drizzle remaining **lemon aioli** over mushrooms. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (451g)

**Amount per serving**

**Calories** 880

	% Daily Value*
<b>Total Fat</b> 54g	69%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1750mg	76%
<b>Total Carbohydrate</b> 92g	33%
Dietary Fiber 18g	64%
Total Sugars 20g	
Includes 12g Added Sugars	24%
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 69mcg	6%
Iron 4mg	20%
Potassium 1036mg	20%

\* 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:

**Portobello Mushrooms, Worcestershire Sauce** [organic apple cider vinegar, molasses, wheat-free tamari (water, soybeans, salt), filtered water, cane sugar, salt, lemon juice concentrate, ginger puree, tamarind, chili pepper, garlic powder, xanthan gum, shiitake mushrooms, allspice, cloves, orange extract, lemon extract, smoke flavor, onion oil], **Yellow Onion, Barley** [wheat], **Green Beans, Apricot Jam** [organic apricots, organic cane sugar, pectin solution (water, apple pectin), ascorbic acid (vitamin c), citric acid], **Lemon Aioli** (Vegan Mayonnaise [sunflower oil, aquafaba (water, chickpea, kombu seaweed), distilled vinegar, salt, sugar, lemon juice, white pepper], Granulated Garlic, Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices])

### Allergen information:

Contains Wheat And Soy

*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.*