



**GREEN
CHEF**

LINGUINE WITH BASIL PESTO

with kale, fennel, peas, roasted red peppers & toasted pine nuts

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

900

MENU

VEGAN

Dig into this delightful dairy-free pasta bowl, perfectly prepared for your plant-based lifestyle. Earthy-fresh vegetable flavors are front and center, including sautéed kale, fennel, roasted red peppers, and peas. Tender whole-wheat linguine is added to the pan, then tossed with a luscious basil and garlic pesto. Pine nuts and a nutty sprinkle of nutritional yeast bring it all together.

INGREDIENTS (9 ITEMS)

6 oz **Linguine** W
 4 ¼ oz **Green kale**
 3 ½ oz **Fennel**
 ¼ oz **Parsley**
 ½ oz **Pine nuts** T
 2 ¾ oz **Roasted red peppers**
 2 ½ oz **Peas**
 4 ½ oz **Dairy-free basil & garlic pesto** T
 1 ½ tsp **Nutritional yeast**

WHAT YOU'LL NEED

large pot
 large sauté pan
 measuring cup & spoons
 strainer
 olive oil
 salt & pepper

ALLERGENS

W WHEAT
T TREE NUTS (almonds, pine nuts)



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

- Bring a large pot of lightly salted water to a boil. Add **linguine** to boiling water. Stir. Cook 9-12 minutes, or until al dente, stirring occasionally.
- Reserve about ¼ cup **pasta cooking water**. Strain **linguine**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat. (You'll finish the pasta in Step 5.)

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

- Remove center stems from **green kale**.^{*} Slice **stems** into pieces, about ¼ inch each. Roughly chop **leaves** into bite-size pieces.
- Remove and discard core from **fennel** with angled downward cuts. Small dice into pieces, about ¼ inch each.
- De-stem **parsley**; roughly chop leaves.

^{*}The ingredient you received may be a different color.

3 TOAST PINE NUTS

- Place **pine nuts** in a dry large sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **pine nuts** to cutting board. Roughly chop cooled **pine nuts**.

4 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons olive oil in pan used for pine nuts over medium heat. Add **kale stems** and **fennel** to hot pan. Season with salt and pepper. Stir to combine. Cook 6-8 minutes, or until kale stems and fennel begin to soften, stirring occasionally.
- Add **roasted red peppers**, **peas**, and **kale leaves**. Stir to combine. Cook 2-3 minutes, or until kale leaves are slightly wilted, stirring occasionally. Remove from heat.

5 FINISH PASTA

- Return pot with pasta to stovetop over medium heat. Transfer **veggies** to pot. Add reserved **pasta cooking water**. Stir to combine. Cook 1-2 minutes, or until liquid is mostly absorbed, stirring occasionally.
- Remove from heat. Add **dairy-free basil and garlic pesto**. Stir to evenly coat. Salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **linguine with basil pesto and veggies** between bowls. Garnish with **parsley**, **nutritional yeast**, and **toasted pine nuts**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (356g)

Amount per serving

Calories 900

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 81g	29%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 214mg	15%
Iron 7mg	40%
Potassium 1004mg	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:

Linguine [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Dairy-Free Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Ascorbic Acid [ascorbic acid]), **Peas** [peas], **Green Kale**, **Nutritional Yeast** [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], **Roasted Red Peppers** [bell pepper], **Fennel**, **Pine Nuts** [pine nuts], **Parsley**

Allergen information:

Contains 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.