



**GREEN
CHEF**

ROASTED PORTOBELLO SANDWICHES

Caramelized onion, artichokes & red peppers, sweet potato fries

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

770

MENU

VEGAN

It's easy to see why portobellos are a go-to ingredient in vegan cuisine—they're wholesome and hearty with deeply savory flavors. For tonight's scrumptious sandwiches, the mushrooms are roasted, then tucked between toasted pieces of ciabatta with hummus, caramelized onion, artichokes, and roasted red peppers. Sweet potato fries, a perfect match for our creamy lemon aioli dipping sauce, are served on the side.

INGREDIENTS (10 ITEMS)

1 whole **Sweet potato**
 ¼ tsp **Applewood-smoked sea salt**
 2 whole **Portobello mushrooms**
 1 whole **Yellow onion**
 2 oz **Artichoke hearts**
 ½ tsp **Italian herb & red pepper blend**
 1 oz **Roasted red peppers**
 2 whole **Ciabatta breads** ^W
 1 ¼ oz **Hummus**
 2 oz **Vegan lemon aioli**

WHAT YOU'LL NEED

medium sauté pan
 2 baking sheets
 medium bowl
 measuring spoons
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

^W WHEAT



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

1 SEASON & ROAST SWEET POTATO

- Preheat oven to 425 degrees.
- Halve **sweet potato**. Lay flat and slice lengthwise into planks, about ½ inch thick. Cut planks lengthwise into fries, about ½ inch thick.
- Place **sweet potato** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with **applewood-smoked sea salt** and a pinch of pepper. Stir to coat.
- Spread **sweet potato** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-25 minutes, or until fork-tender, stirring halfway through.

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 ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Roughly chop **artichoke hearts**.

3 SEASON & ROAST MUSHROOMS

- Place **mushrooms** on a second lightly oiled, foil-lined baking sheet. Drizzle about ½ tablespoon cooking oil over each mushroom. Season with about half of the **Italian herb and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Rub to coat.
- Transfer baking sheet to oven. Roast 15-20 minutes, or until tender.
- Transfer **mushrooms** to a plate.

4 CARAMELIZE ONION & COOK VEGGIES

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until onion begins to brown, stirring occasionally.
- Reduce heat to medium-low. Add 2 tablespoons water. Cook 5-6 minutes, or until onion is lightly browned, stirring occasionally.
- Add **artichokes** and **roasted red peppers**. Season with remaining **Italian herb and red pepper blend**. Cook 1-2 minutes, or until veggies are warmed through, stirring occasionally.

5 TOAST CIABATTA

- Halve **ciabatta breads** horizontally.
- Place **ciabatta** (cut-sides up) on baking sheet used for mushrooms. Lightly drizzle with olive oil. Lightly season with salt.
- Transfer baking sheet to oven. Toast 3-4 minutes, or until bread is lightly browned.

6 PLATE YOUR DISH

- Divide **bottom buns** between plates. Spread **hummus** over cut sides of bottom buns. Top with **caramelized onion and veggies**, **roasted portobellos**, and **top buns**. Serve **sweet potato fries** with **vegan lemon aioli** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (525g)

Amount per serving

Calories **770**

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1210mg	53%
Total Carbohydrate 75g	27%
Dietary Fiber 10g	36%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 4mg	20%
Potassium 1095mg	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:

Yellow Onion, **Roasted Red Peppers** [bell pepper], **Portobello Mushrooms**, **Sweet Potatoes**, **Applewood-Smoked Sea Salt**, **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Hummus** [cooked chickpeas (water, chickpeas), water, tahini (ground sesame), soybean oil, garlic, salt, citric acid, potassium sorbate to maintain freshness], **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]), **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Ciabatta Bread** [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour]

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.

