



PLANT-BASED PROTEIN RIGATONI BAKE

Tomato & roasted red pepper sauce, zucchini, mozzarella

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
920

If you're craving a hearty pasta bake minus the meat, this is the dish for you. Here, we've swapped in ground plant-based protein and seasoned it with a mix of cumin, garlic, and fennel. The savory spice blend imparts an irresistible, Italian-sausage-reminiscent flavor. That's mixed with sautéed zucchini, roasted red peppers, and al dente rigatoni, cloaked in a spicy balsamic tomato sauce, then topped with mozzarella. A quick trip under the broiler turns the cheese melty—just be sure to keep an eye on it to avoid burning (a light speckle of browning on the other hand, is delicious).

INGREDIENTS (8 ITEMS)

- 6 oz **Rigatoni pasta** W
- 1 whole **Zucchini**
- 2 ¼ oz **Roasted red peppers**
- 9 oz **Ground plant-based protein*** S T W
- 1 ½ tsp **Cumin, garlic & fennel blend**
- 7 ¾ oz **Tomato & roasted red pepper sauce**
- ½ tsp **Crushed red pepper flakes**
- 2 oz **Mozzarella cheese** M

WHAT YOU'LL NEED

- medium pot
- large oven-safe sauté pan
- measuring cup & spoons
- strainer
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- W WHEAT
- S SOY
- T TREE NUTS (coconut)
- M MILK

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

*Plant-based protein is fully cooked when internal temperature reaches 165 degrees.

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://www.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 low broil.
- Bring a medium pot of lightly salted water to a boil. Once boiling, stir in **rigatoni pasta**. Cook 8–9 minutes, or until al dente, stirring occasionally.
- Reserve about ½ cup pasta cooking water. Strain **rigatoni**; shake off excess water. Return to pot. Drizzle with 1–2 teaspoons olive oil. Stir to coat.

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 ends off **zucchini**;* discard. Halve lengthwise. Lay flat and slice across into half moons, about ¼ inch thick.

**The ingredient you received may be a different color.*

3 COOK VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **zucchini** to hot pan. Cook 3–4 minutes, or until zucchini is lightly browned, stirring occasionally.
- Add **roasted red peppers**. Cook 2–3 minutes, or until roasted red peppers are warmed through, stirring occasionally.

4 COOK PLANT-BASED PROTEIN

- Add **ground plant-based protein** to pan with veggies. Stir to break up protein. Cook 3–4 minutes, or until lightly browned, stirring occasionally. Season with **cumin, garlic and fennel blend**, about ¼ teaspoon salt, and a pinch of pepper.

5 ADD PASTA, SAUCE & CHEESE

- Transfer **rigatoni** to pan with protein and veggies. Add reserved **pasta cooking water**. Stir to incorporate. Add **tomato and roasted red pepper sauce**. Season with **crushed red pepper flakes*** to taste, about ¼ teaspoon salt, and a pinch of pepper.** Stir to combine. Cook 1–2 minutes, or until sauce is warmed through and protein is fully cooked, stirring occasionally.
- Remove from heat. Sprinkle with **mozzarella cheese**.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

***Taste the pasta after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

6 BROIL PASTA

- Transfer pan with rigatoni, protein, and veggies to oven. Broil 2–3 minutes, or until cheese is melted.*

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

7 PLATE YOUR DISH

- Divide **baked rigatoni with plant-based protein and veggies** between bowls. Garnish with any remaining **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (510g)

Amount per serving

Calories 920

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1900mg	83%
Total Carbohydrate 98g	36%
Dietary Fiber 11g	39%
Total Sugars 17g	
Includes 3g Added Sugars	6%
Protein 49g	
Vitamin D 5mcg	25%
Calcium 368mg	30%
Iron 8mg	45%
Potassium 2034mg	45%

* 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:

Ground Plant-Based Protein [53% rehydrated textured vegetable proteins (water, wheat gluten, soy flour, soy protein), water, coconut fat, wheat gluten, sunflower oil, soy protein, pea starch, tomato purée, salt (see salt, salt), herbs and spices, mushroom powder, sugar, red beetroot concentrate, bamboo fiber, vinegar, vinegar powder, modified maize starch, flavourings, yeast extract, preservative (potassium sorbate), emulsifier (methyl cellulose), food acid (potassium lactate, citric acid)], **Cumin, Garlic & Fennel Blend** (Ground Cumin, Granulated Garlic, Ground Coriander, Black Pepper, Ground Fennel), **Tomato & Roasted Red Pepper Sauce** (Garlic, Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Balsamic Vinegar [wine vinegar, concentrated grape must], Sea Salt, Black Pepper, Agave [organic agave syrup], Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Coriander, Ground Fennel, Ascorbic Acid [ascorbic acid]), **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Rigatoni Pasta** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Zucchini, Roasted Red Peppers** [bell pepper], **Crushed Red Pepper Flakes**

Allergen information:

Contains Wheat, Milk, 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.