



**GREEN
CHEF**

CREAMY PESTO PENNE BOWLS

roasted zucchini, tomatoes, peas & mozzarella

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

980

MENU

VEGETARIAN

Creamy sauces are an ideal match for penne, and in tonight's dish, penne mingles with a rich and extra-creamy basil and Parmesan pesto. The pasta is studded with tender roasted zucchini, juicy grape tomatoes, and earthy-sweet peas, and then topped with mozzarella. A quick trip to the oven ensures the cheese is baked to a delightfully melty finish.

INGREDIENTS (8 ITEMS)

6 oz **Penne pasta** ^W
 4 oz **Basil pesto with Parmesan** ^{M T}
 1 whole **Zucchini**
 4 oz **Grape tomatoes**
 1¼ tsp **Garlic, paprika & herb blend**
 2 oz **Cream cheese** ^M
 2½ oz **Peas**
 2 oz **Mozzarella cheese** ^M

WHAT YOU'LL NEED

large pot
 large oven-safe sauté pan
 baking sheet
 medium bowl
 measuring cup & spoons
 strainer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

^W WHEAT
^M MILK
^T TREE NUTS (almonds)



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

- Preheat oven to 425 degrees.
- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **penne pasta**. Cook 9-12 minutes, or until al dente, stirring occasionally.
- Strain **penne**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons **basil pesto with Parmesan**. 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 from **zucchini***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ½ inch thick.
- Halve **grape tomatoes**.

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

3 SEASON & ROAST ZUCCHINI

- Place **zucchini** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **garlic, paprika, and herb blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **zucchini** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 8-10 minutes, or until fork-tender, stirring halfway through.

4 MAKE SAUCE & ADD VEGGIES

- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium heat. Add **cream cheese**, remaining **pesto**, and about ¼ cup water to hot pan. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Stir to combine. Cook 2-3 minutes, or until cream cheese is incorporated, stirring occasionally.
- Add **tomatoes** and **peas**. Cook 2-3 minutes, or until veggies are warmed through, stirring occasionally.

5 FINISH PASTA

- Transfer **penne** and **zucchini** to pan with sauce and veggies. Stir to combine. Sprinkle with **mozzarella cheese**. Transfer pan to oven. Bake 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.*

6 PLATE YOUR DISH

- Divide **creamy pesto penne with veggies** between bowls. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (434g)

Amount per serving

Calories 980

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 640mg	28%
Total Carbohydrate 90g	33%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 411mg	30%
Iron 5mg	30%
Potassium 669mg	15%

* 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:

Penne Pasta [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], Water, Ascorbic Acid [ascorbic acid]), **Zucchini, Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Grape Tomatoes, Peas** [peas], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)]

Allergen information:

Contains Milk, 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.

