



**GREEN
CHEF**

PENNE WITH MUSHROOM CREAM SAUCE

peas, sun-dried tomatoes, cashew "Parmesan," crostini

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

1110

MENU

VEGAN

Tonight's creamy vegan pasta sauce is extra-rich thanks to a few game-changing ingredients: coconut milk, mushroom stock concentrate, and cashew "Parmesan." Flecked with fragrant Italian herbs, the luxurious sauce coats tender penne pasta, cremini mushrooms, peas, and sun-dried tomatoes. As if that weren't satisfying enough on its own, we're also serving up crostini topped with tangy balsamic tomatoes for the perfect crunchy accompaniment.

INGREDIENTS (13 ITEMS)

½ oz	Sun-dried tomatoes
4 oz	Cremini mushrooms
1 whole	Yellow onion
4 oz	Grape tomatoes
¼ oz	Garlic
1 whole	Multigrain mini loaf <small>S W</small>
6 oz	Penne pasta <small>W</small>
2½ oz	Peas
5 oz	Coconut milk <small>T</small>
1 whole	Mushroom stock concentrate
¼ tsp	Italian seasoning
2 tbsp	Cashew "Parmesan" <small>T</small>
1¾ oz	Balsamic vinaigrette

WHAT YOU'LL NEED

large pot
large sauté pan
2 baking sheets
medium bowl
measuring cup & spoons
fine-mesh strainer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

S SOY
W WHEAT
T TREE NUTS (cashews, coconut)



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

1 PREP

- Preheat oven to 425 degrees.
- Roughly chop **sun-dried tomatoes**.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Halve **grape tomatoes**.
- Mince **garlic**.
- Cut **multigrain mini loaf** widthwise into slices, about ½ inch thick.*

*Using a serrated knife will allow you to cut the bread into more uniform slices.

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 START PASTA

- Bring a large pot of lightly salted water to a boil. Stir in **penne pasta**. Return to a boil and cook about 5 minutes.
- Add **sun-dried tomatoes**. Cook 4–7 minutes, or until penne is al dente.
- Reserve about ¼ cup **pasta cooking water**. Strain **penne and sun-dried tomatoes**. Return to pot. Drizzle with 1–2 teaspoons olive oil. Stir to coat. (You'll finish the pasta in Step 6.)

3 MAKE SAUCE

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until lightly browned, stirring occasionally.
- Add **peas and onion**. Cook 3–4 minutes, or until onion is translucent, stirring occasionally.
- Add **coconut milk, mushroom stock concentrate**, and reserved **pasta cooking water**. Season with **Italian seasoning** and **cashew "Parmesan."** Cook 2–3 minutes, or until sauce has slightly thickened, stirring occasionally. Remove from heat.

4 MAKE BALSAMIC TOMATO TOPPING

- Place **grape tomatoes** and **garlic** in a medium bowl. Drizzle with **balsamic vinaigrette**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.
- Spread **grape tomatoes and garlic** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 4–6 minutes, or until tomatoes are blistered.

5 MAKE CROSTINI

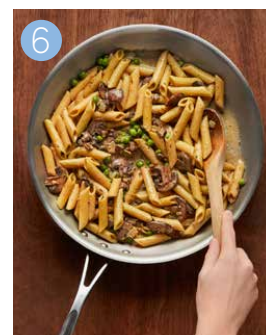
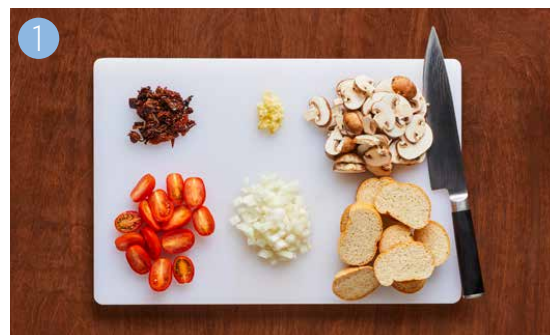
- Place **bread** on a second foil-lined baking sheet. Drizzle with 1–2 teaspoons cooking oil. Lightly season with salt and pepper. Toast 3–5 minutes, or until lightly browned.
- Remove from oven. Spoon **balsamic tomato topping** over **crostini**. (Careful! Baking sheets are hot!)

6 FINISH PASTA

- Transfer **penne with sun-dried tomatoes** to pan with **sauce**. Stir to combine.

7 PLATE YOUR DISH

- Divide **penne with mushroom cream sauce** between bowls. Serve **balsamic tomato crostini** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (488g)

Amount per serving

Calories **1110**

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 18g	90%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1320mg	57%
Total Carbohydrate 121g	44%
Dietary Fiber 10g	36%
Total Sugars 16g	
Includes 1g Added Sugars	2%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 7mg	40%
Potassium 946mg	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:

Penne Pasta [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Coconut Milk** [coconut milk], **Sun-Dried Tomatoes** [organic dried tomatoes], **Yellow Onion**, **Cremini Mushrooms**, **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Peas** [peas], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Cashew “Parmesan”** (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper), **Garlic**, **Multigrain Mini Loaves** [unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, canola oil, molasses, granulated sugar, salt, dough conditioner, dough conditioner (soy protein, monoglycerides, modified cellulose salt, soybean oil, soy lecithin) cultured wheat flour, yeast, dough conditioner (wheat, flour, soybean oil, enzymes), wheat gluten, wheat bran, natural enzymes, ascorbic acid], **Grape Tomatoes**, **Balsamic Vinaigrette** (Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Black Pepper, Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Sunflower Oil [high oleic sunflower oil])

Allergen information:

Contains Wheat, 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.