



**GREEN
CHEF**

CREAMY TOMATO CAVATAPPI

Parmesan-crusted cauliflower, peas, chives

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

1000

MENU

VEGETARIAN

Cavatappi may just be our favorite pasta. The springy ridged spirals are perfect for holding sauces close; make a beautiful nest of noodly coils when piled in a bowl; and are downright fun to eat. Here, we've tossed them with fresh tomato and green peas, then cloaked them in a decadent tomato cream sauce (think crushed tomatoes, heavy cream, and plenty of aromatic herbs). Heaps of Parmesan-crusted cauliflower top things off.

INGREDIENTS (9 ITEMS)

6 oz **Cavatappi pasta** W
 9¾ oz **Cauliflower**
 1 whole **Roma tomato**
 ¼ oz **Garlic**
 ⅛ oz **Chives**
 ½ tsp **Italian seasoning**
 2½ oz **Peas**
 2 oz **Parmesan cheese** M
 7¾ oz **Tomato cream sauce** M T

WHAT YOU'LL NEED

large pot
 large sauté pan
 baking sheet
 medium bowl
 measuring cup & spoons
 strainer
 oven mitt
 cooking & olive oils
 2 tbsp butter M
 salt & pepper

ALLERGENS

W WHEAT
M MILK
T TREE NUTS (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 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 **cavatappi pasta**. Cook 7–9 minutes, or until al dente, stirring occasionally.
- Reserve about ¼ cup **pasta cooking water**. Strain **cavatappi**; shake off excess water. Return to pot. Drizzle with 1–2 teaspoons olive oil. Stir to coat. (You'll finish the pasta in Step 6.)

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

- Cut **cauliflower** into bite-size pieces if necessary.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Mince **garlic**.
- Mince **chives**.

3 START CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 16–18 minutes, or until tender, stirring halfway through. (You'll finish the cauliflower in Step 5.)

4 COOK TOMATO & PEAS

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **tomato** and **peas** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2–3 minutes, or until warmed through, stirring occasionally.
- Add **garlic** and 1 tablespoon butter. Cook about 2 minutes, or until garlic is fragrant and butter has melted, stirring occasionally.

5 FINISH CAULIFLOWER

- Sprinkle **Parmesan cheese** over **cauliflower** on baking sheet. (**Careful! Baking sheet is hot!**) Roast 2–3 minutes more, or until cheese melts.

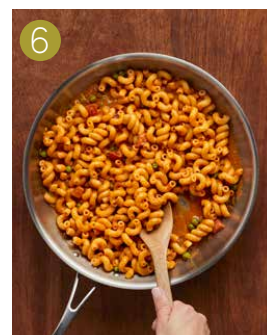
6 FINISH PASTA

- Reduce heat on pan with **tomato and peas** to medium low. Transfer **cavatappi** to pan. Add **tomato cream sauce**. Stir to combine. Cook 1–2 minutes, or until sauce has warmed through, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Stir until butter has melted.*

**If sauce is too thick, add reserved pasta cooking water 1 tablespoon at a time until desired consistency is reached.*

7 PLATE YOUR DISH

- Divide **creamy tomato cavatappi** between bowls. Top with **Parmesan-crusted cauliflower**. Sprinkle with **chives**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (489g)

Amount per serving

Calories 1000

	% Daily Value*
Total Fat 62g	79%
Saturated Fat 25g	125%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1500mg	65%
Total Carbohydrate 91g	33%
Dietary Fiber 10g	36%
Total Sugars 13g	
Includes 2g Added Sugars	4%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 437mg	35%
Iron 6mg	35%
Potassium 999mg	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:

Cavatappi Pasta [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Peas** [peas], **Garlic**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Cauliflower**, **Roma Tomatoes**, **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Creamy Tomato Sauce** (Whipping Cream [organic grade A cream (milk), carrageenan], Coconut Milk [coconut milk, water, xanthan gum], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Water, Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], White Pepper, Sea Salt, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Granulated Garlic, Nutmeg, Agave [organic agave syrup]), **Chives**

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.

