



**GREEN
CHEF**

CREAMY TRUFFLE & MUSHROOM CHICKPEA SPAGHETTI

Barilla® Chickpea Spaghetti, creminis, peas, Parmesan cheese

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

880

MENU

GLUTEN-FREE

Barilla® Chickpea Spaghetti

Your favorite pasta, now with chickpeas.

This decadent pasta dish features the umami-packed flavor of truffles—no foraging required. Here, earthy cremini mushrooms are sautéed with garlic, then simmered in a creamy mushroom broth and tossed with Barilla® Chickpea Spaghetti and green peas. It's all finished with Parmesan cheese and a generous dollop of truffle-infused butter to take the silky, slurpable sauce to the next level.



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



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (8 ITEMS)

8¾ oz	Barilla® Chickpea Spaghetti
4 oz	Cremini mushrooms
¼ oz	Garlic
¾ tsp	Italian herb & red pepper blend
4¾ oz	Creamy mushroom broth <small>M</small>
2½ oz	Peas
1 oz	Truffle butter <small>M</small>
1 oz	Parmesan cheese <small>M</small>

WHAT YOU'LL NEED

large pot
large sauté pan
measuring cup & spoons
strainer
cooking & olive oils
salt & pepper

ALLERGENS

M MILK

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 START PASTA

- Bring a large pot of lightly salted water to a boil. Add **Barilla® Chickpea Spaghetti** to boiling water. Cook 6–8 minutes, or until al dente, stirring occasionally.
- Reserve about ½ cup **pasta cooking water**. Strain **pasta**; shake off excess water. Return to pot. Drizzle with about 1 teaspoon 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

- While pasta cooks, wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Mince **garlic**.

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 **Italian herb and red pepper blend**, salt, and pepper. Cook 3–5 minutes, or until softened, stirring occasionally.
- Add **garlic**. Cook 1–2 minutes, or until garlic is fragrant, stirring frequently.
- Add **creamy mushroom broth** and reserved **pasta cooking water**. Stir to combine. Cook 2–3 minutes, or until sauce is warmed through, stirring occasionally.

4 FINISH PASTA

- Transfer **pasta** to pan with **sauce**. Add **peas**. Stir to combine. Cook 2–3 minutes, or until sauce has slightly reduced, stirring occasionally.
- Remove from heat. Add **truffle butter** and about half of the **Parmesan cheese**. Stir until truffle butter is incorporated. Season with salt and pepper to taste.

5 PLATE YOUR DISH

- Divide **creamy truffle and mushroom chickpea spaghetti** between bowls. Sprinkle with remaining **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (334g)

Amount per serving

Calories **880**

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 23g	115%
Trans Fat 0.5g	
Cholesterol 100mg	33%
Sodium 610mg	27%
Total Carbohydrate 84g	31%
Dietary Fiber 20g	71%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 267mg	20%
Iron 8mg	45%
Potassium 1751mg	35%

* 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:

Chickpea Spaghetti [chickpea flour], **Truffle Butter** [grade AA gutter (pasteurized cream, lactic acid), black truffle base (protein hydrolysate, summer truffles)], **Garlic, Peas** [peas], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid]), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Cremini Mushrooms**

Allergen information:

Contains Milk

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.