



CREAMY TOMATO CHICKPEA SPAGHETTI

Barilla® Chickpea Spaghetti, Parmesan-crusted cauliflower, peas, chives

| | | | |
|------------------|-----------------|-----------------------------|-------------|
| COOK TIME | SERVINGS | CALORIES PER SERVING | MENU |
| 30 MIN | 2 | 990 | GLUTEN-FREE |

Barilla® Chickpea Spaghetti

Your favorite pasta, now with chickpeas.

Twirling strands of spaghetti on a fork brings us childlike joy. Here, we toss gluten-free Barilla® Chickpea Spaghetti with diced fresh tomato and green peas, then cloak everything in a decadent tomato cream sauce (think crushed tomatoes, heavy cream, and plenty of aromatic herbs). Heaps of Parmesan-crusted cauliflower top things off.



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 (9 ITEMS)

| | |
|---------|----------------------------------------------|
| 8¾ oz | Barilla® Chickpea Spaghetti |
| 9¾ oz | Cauliflower |
| 1 whole | Roma tomato |
| ¼ oz | Garlic |
| ⅛ oz | Chives |
| ½ tsp | Italian seasoning |
| ¾ oz | Peas |
| 2 oz | Parmesan cheese <small>M</small> |
| 7¾ oz | Tomato cream sauce <small>M T</small> |

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

- M MILK
- T TREE NUTS (coconut)

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 425 degrees.
- Bring a large pot of lightly salted water to a boil. Add $\frac{3}{4}$ of the **Barilla® Chickpea Spaghetti** to boiling water; save remaining for another use. Cook 6–8 minutes, or until al dente, stirring occasionally.
- Reserve about $\frac{1}{4}$ cup **pasta cooking water**. Strain **pasta**; 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

- While pasta cooks, cut **cauliflower** into bite-size pieces if necessary.
- Medium dice **Roma tomato** into pieces, about $\frac{1}{2}$ inch each.
- Mince **garlic**.
- Mince **chives**.

3 SEASON & ROAST CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with about $\frac{1}{2}$ tablespoons cooking oil. Season with **Italian seasoning**, about $\frac{1}{4}$ 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.

4 COOK TOMATO & PEAS

- Heat about $\frac{1}{2}$ tablespoons cooking oil in a large sauté pan over medium heat. Add **tomato** and **peas** to hot pan. Season with about $\frac{1}{4}$ 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

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

6 FINISH PASTA

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

**If the 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 chickpea spaghetti** between bowls. Top with **Parmesan-crusted cauliflower**. Sprinkle with **chives**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (498g)

Amount per serving

Calories 990

| | % Daily Value* |
|--------------------------|----------------|
| Total Fat 66g | 85% |
| Saturated Fat 26g | 130% |
| Trans Fat 0g | |
| Cholesterol 100mg | 33% |
| Sodium 1470mg | 64% |
| Total Carbohydrate 78g | 28% |
| Dietary Fiber 19g | 68% |
| Total Sugars 13g | |
| Includes 2g Added Sugars | 4% |
| Protein 34g | |
| Vitamin D 0mcg | 0% |
| Calcium 487mg | 35% |
| Iron 8mg | 45% |
| Potassium 1847mg | 40% |

* 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], **Peas** [peas], **Garlic**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Cauliflower**, **Roma Tomatoes**, **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Creamy Tomato Sauce** (Whipping Cream [organic grade A cream (milk), carrageenan], Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must], 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 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.

