



**GREEN
CHEF**

MUSHROOM, ARTICHOKE & PESTO FLATBREADS

kale salad with dried apricots & roasted almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

1130

MENU

VEGAN // MEDITERRANEAN

Tonight's plant-based flatbreads pack a punch of Italian-inspired flavors. In this 30-minute meal, the flatbreads are slathered with basil pesto and sprinkled with cheesy, nutty nutritional yeast. Cremini mushrooms, slices of fresh tomato, briny artichokes, and roasted red peppers are piled on top before the flatbread is baked to a crispy finish. A kale salad with dried apricots, almonds, and balsamic vinaigrette makes for a refreshing contrast.

INGREDIENTS (11 ITEMS)

2¾ oz **Lacinato kale**
 4 oz **Cremini mushrooms**
 1¼ oz **Artichoke hearts**
 1 whole **Roma tomato**
 ½ oz **Roasted almonds** ^T
 1¾ oz **Balsamic vinaigrette with olive oil**
 1 oz **Dried apricots**
 2¼ oz **Roasted red peppers**
 2 whole **Flatbreads** ^W
 1½ tbsp **Seasoned nutritional yeast**
 3½ oz **Dairy-free basil & garlic pesto** ^T

WHAT YOU'LL NEED

large sauté pan
 baking sheet
 mixing bowls
 measuring spoons
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

^T TREE NUTS (almonds)
^W WHEAT



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 PREP

- Preheat oven to 400 degrees.
- Remove and discard any thick center stems from **lacinato kale***. Roughly chop leaves into bite-size pieces.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ½ inch thick.
- Roughly chop **artichoke hearts**.
- Cut **Roma tomato** widthwise into slices, about ¼ inch thick. Place in a small bowl. Drizzle with 1 teaspoon olive oil. Season with salt and pepper. Turn to coat.
- Roughly chop **roasted almonds**.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 MAKE SALAD

- Place **kale** in a medium bowl. Drizzle with about 1 tablespoon **balsamic vinaigrette with olive oil**. Lightly season with salt. Massage until leaves soften.
- Add **dried apricots**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

3 MAKE VEGGIE TOPPING

- Heat 2-3 tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until lightly browned, stirring occasionally.
- Add **artichokes**, **roasted red peppers**, and 1 tablespoon cooking oil. Stir to combine. Cook 3-4 minutes, or until mushrooms are tender, stirring occasionally.

4 START FLATBREADS

- Place **flatbreads** on a lightly oiled, foil-lined baking sheet. Drizzle each with 1 tablespoon olive oil. Season with **seasoned nutritional yeast**, salt, and pepper. Spread with **dairy-free basil and garlic pesto**. Top with **tomato**.
- Bake 2-3 minutes, or until flatbreads are lightly toasted.

5 FINISH FLATBREADS

- Evenly spoon **veggie topping** over **flatbreads**. (Careful! Baking sheet is hot!)
- Bake 2-3 minutes, or until flatbreads are golden brown.

6 PLATE YOUR DISH

- Quarter **flatbreads**.
- Divide **mushroom, artichoke, and pesto flatbreads** between plates. Serve **kale salad** on the side. Sprinkle **almonds** over salad. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (413g)

Amount per serving

Calories **1130**

	% Daily Value*
Total Fat 91g	117%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 990mg	43%
Total Carbohydrate 73g	27%
Dietary Fiber 8g	29%
Total Sugars 15g	
Includes 1g Added Sugars	2%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 281mg	20%
Iron 5mg	30%
Potassium 962mg	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:

Dairy-Free Basil Pesto (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Ascorbic Acid [ascorbic acid]), **Cremini Mushrooms**, **Roma Tomatoes**, **Roasted Red Peppers** [bell pepper], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Flatbreads** [enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, "00" flour, olive oil, yeast, contains less than 2% of: sea salt, natural mold inhibitors (cultured wheat starch, cultured wheat flour, vinegar), canola oil, wheat gluten, sugar, semolina flour, ground millet, sugar, salt, natural flavor, ascorbic acid], **Lacinato Kale**, **Almonds** [almonds], **Dried Apricots** [apricot, rice flour, sulfur dioxide (added for color retention)], **Seasoned Nutritional Yeast** (Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Onion Powder, Granulated Garlic, Dried Parsley), **Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper)

Allergen information:

Contains 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.