



**GREEN
CHEF**

FARFALLE PASTA BOWLS WITH PESTO

chard, corn, caramelized fennel, sun-dried tomatoes, walnuts

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

980

MENU

VEGAN

For tonight's vegan pasta, farfalle is cloaked in a silky coconut cream sauce and tossed with chard, corn, tangy-sweet sun-dried tomatoes, and crunchy walnuts. Caramelized fennel adds rich, aromatic notes, while a drizzle of basil and garlic pesto is the perfect finishing touch.

INGREDIENTS (8 ITEMS)

6 oz **Farfalle pasta** W
 ¼ oz **Sun-dried tomatoes**
 2¾ oz **Fennel**
 ½ oz **Walnuts** T
 3½ oz **Green chard**
 2¾ oz **Corn**
 6 oz **Coconut cream with corn** T
 2¾ oz **Dairy-free basil & garlic pesto** T

WHAT YOU'LL NEED

large pot
 medium sauté pan
 large high-sided sauté pan
 small bowl
 measuring cup & spoons
 strainer
 cooking & olive oils
 salt & pepper

ALLERGENS

W WHEAT
T TREE NUTS (almonds, coconut, walnuts)



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

- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **farfalle pasta**. Cook 9-12 minutes, or until al dente, stirring occasionally.
- Reserve about ½ cup **pasta cooking water**. Strain **farfalle**. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat. (You'll finish the pasta in Step 5.)

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

- Place **sun-dried tomatoes** in a small bowl; cover with water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop (discard soaking liquid).
- Remove and discard core from **fennel** with angled downward cuts. Slice widthwise into strips, about ¼ inch thick.
- Roughly chop **walnuts**.
- Remove and discard thick center stems from **green chard***. Roughly chop leaves into bite-size pieces.

*The ingredient you received may be a different color.



3 CARAMELIZE FENNEL

- Heat about 1½ tablespoons olive oil in a medium sauté pan over medium heat. Add **fennel** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 2 minutes, or until fennel begins to brown, stirring occasionally.
- Reduce heat to medium low. Carefully add about ¼ cup water to pan. Cook 12-15 minutes, or until fennel is tender and liquid has cooked off, stirring occasionally. Remove from heat.



4 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a large high-sided sauté pan over medium heat. Add **corn** and **walnuts** to hot pan. Lightly season with salt and pepper. Cook 2-3 minutes, or until corn is lightly browned and walnuts are fragrant, stirring occasionally.
- Add **tomatoes**, **chard**, and reserved **pasta cooking water**. Stir to combine. Cook 2-3 minutes, or until chard is wilted and liquid has cooked off, stirring occasionally.



5 FINISH PASTA

- Transfer **farfalle** to pan with **veggies**. Add **coconut cream with corn**. Simmer 2-3 minutes, or until sauce has thickened and farfalle is coated, stirring frequently.

6 PLATE YOUR DISH

- Divide **farfalle pasta and veggies** between bowls. Top with **caramelized fennel**. Drizzle with **dairy-free basil and garlic pesto** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (381g)

Amount per serving

Calories 980

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	23%
Total Carbohydrate 98g	36%
Dietary Fiber 9g	32%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 6mg	35%
Potassium 1026mg	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:
Corn [corn], **Coconut Cream With Corn** (Corn [corn], Coconut Milk [coconut milk, water, xanthan gum], Lemon Juice [lemon], Ascorbic Acid [ascorbic acid], Granulated Garlic), **Farfalle Pasta** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Dairy-Free Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Ascorbic Acid [ascorbic acid]), **Green Chard**, **Walnuts** [walnuts], **Fennel**, **Sun-Dried Tomatoes** [organic dried tomatoes]

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.