



**GREEN  
CHEF**

## MUSHROOM & BALSAMIC RED PEPPER ORZO

*creminis, porcinis, peas, toasted panko, Parmesan*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

720

### MENU

VEGETARIAN // MEDITERRANEAN

A fluffy bathrobe, a long nap, losing yourself in a good book ... we'd also put this creamy mushroom orzo on our list of life's little luxuries. The pasta is made with creminis, dried porcinis, and mushroom stock, which give the dish deep, savory flavors throughout. Each bowl is balanced by the sweetness of peas and balsamic red peppers. A sprinkle of toasted panko adds a great crunch against the tender orzo. Tonight, treat yourself with something this good.

### INGREDIENTS (12 ITEMS)

6 oz **Orzo pasta** W  
 1/6 oz **Dried porcini mushrooms**  
 4 oz **Cremini mushrooms**  
 1 whole **Shallot**  
 1/4 cup **Panko breadcrumbs** W  
 2 1/4 oz **Roasted red peppers**  
 1 oz **Balsamic vinegar**  
 2 whole **Mushroom stock concentrates**  
 1 1/2 tsp **Rosemary, basil & sage blend**  
 2 oz **Cream cheese** M  
 2 oz **Parmesan cheese** M  
 2 1/2 oz **Peas**

### WHAT YOU'LL NEED

large pot  
 small & large sauté pans  
 mixing bowls  
 measuring cup & spoons  
 strainer  
 cooking oil  
 salt & pepper

### ALLERGENS

W WHEAT  
M MILK



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](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 ORZO

- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **orzo pasta**. Cook 6–8 minutes, or until al dente, stirring occasionally.
- Reserve about  $\frac{3}{4}$  cup **pasta cooking water**. Strain **orzo**; shake off excess water. Return to pot.

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

- Roughly chop **dried porcini mushrooms**. Place in a small bowl. Cover with  $\frac{1}{4}$  cup water. Let soak about 5 minutes, or until softened.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about  $\frac{1}{4}$  inch thick.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about  $\frac{1}{4}$  inch each.

## 3 TOAST PANKO &amp; COOK PEPPERS

- Place **panko breadcrumbs** in a dry, large sauté pan over medium heat. Drizzle with 1 teaspoon cooking oil. Toast 2–3 minutes, or until lightly browned, shaking pan frequently.
- Transfer **panko** to a second small bowl. (Reserve pan for step 4.)
- Heat a small sauté pan over medium heat. Add **roasted red peppers** and **balsamic vinegar** to hot pan. Lightly season with salt and pepper. Cook 2–3 minutes, or until balsamic vinegar has reduced by half and peppers are warmed through. Remove from heat.

## 4 SAUTÉ MUSHROOMS &amp; SHALLOT

- Heat 2 teaspoons cooking oil in pan used for panko over medium-high heat. Add **cremini mushrooms** and **shallot** to hot pan. Season with salt and pepper. Cook 3–4 minutes, or until mushrooms begin to soften, stirring occasionally.\*
- Reduce heat to medium low. Add **porcini mushrooms** (with soaking liquid). Cook 3–4 minutes, or until veggies are tender, stirring occasionally.

*\*If the pan seems dry while cooking, add another drizzle of oil.*

## 5 MAKE SAUCE

- Add reserved **pasta cooking water**, **mushroom stock concentrates**, and **rosemary, basil, and sage blend** to pan with **mushrooms and shallot**. Simmer over medium heat 1–2 minutes, or until slightly reduced.
- Add **cream cheese** and **Parmesan cheese**. Stir until melted and combined. Season with salt and pepper to taste.

## 6 FINISH ORZO

- Add **peas** and **orzo** to pan with **sauce**. Stir to combine. Cook 1–2 minutes, or until peas are warmed through and orzo is fully coated. Remove from heat.

## 7 PLATE YOUR DISH

- Divide **mushroom orzo** between bowls. Top with **toasted panko** and **balsamic red peppers**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (336g)

**Amount per serving**

**Calories** **720**

	% Daily Value*
<b>Total Fat</b> 21g	27%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 910mg	40%
<b>Total Carbohydrate</b> 103mg	37%
Dietary Fiber 8g	29%
Total Sugars 16g	
Includes 1g Added Sugars	2%
<b>Protein</b> 30g	
Vitamin D 0mcg	0%
Calcium 432mg	35%
Iron 5mg	30%
Potassium 729mg	15%

\* 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:

**Orzo Pasta** [wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Cremini Mushrooms**, **Dried Porcini Mushrooms** [dried procini mushrooms], **Shallot**, **Peas** [peas], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Roasted Red Peppers** [bell pepper], **Balsamic Vinegar** [wine vinegar, concentrated grape must, caramel color], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder)

### Allergen information:

Contains Wheat And 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.*

