



# PENNE WITH MUSHROOM CREAM SAUCE

*peas, sun-dried tomatoes, cashew "Parmesan," tomato crostini*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
1040

**MENU**  
VEGAN

Tonight's creamy vegan pasta sauce is extra-rich thanks to a few game-changing ingredients: coconut milk, mushroom stock concentrate, and cashew "Parmesan." Flecked with fragrant Italian herbs, the luxurious sauce coats tender penne pasta, cremini mushrooms, peas, and sun-dried tomatoes. As if that weren't satisfying enough on its own, we're also serving up crostini topped with tangy balsamic tomatoes for the perfect crunchy accompaniment.

## INGREDIENTS (13 ITEMS)

- ½ oz **Sun-dried tomatoes**
- 4 oz **Cremini mushrooms**
- 1 whole **Yellow onion**
- 4 oz **Grape tomatoes**
- ¼ oz **Garlic**
- 1 whole **Multigrain mini loaf** S W
- 6 oz **Penne pasta** W
- 2½ oz **Peas**
- 5 oz **Coconut milk** T
- 1 whole **Mushroom stock concentrate**
- ¼ tsp **Italian seasoning**
- 2 tbsp **Cashew "Parmesan"** T
- 1¾ oz **Balsamic vinaigrette with olive oil**

## WHAT YOU'LL NEED

- large pot
- large sauté pan
- 2 baking sheets
- medium bowl
- measuring cup & spoons
- fine-mesh strainer
- oven mitt
- cooking & olive oils
- salt & pepper

## ALLERGENS

- S SOY
- W WHEAT
- T TREE NUTS (cashews, coconut)



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://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 425 degrees.
- Roughly chop **sun-dried tomatoes**.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Halve **grape tomatoes**.
- Mince **garlic**.
- Cut **multigrain mini loaf** widthwise into slices, about ½ inch thick.\*

\*Using a serrated knife will allow you to cut the bread into more uniform slices.

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 START PASTA

- Bring a large pot of lightly salted water to a boil. Stir in **penne pasta**. Return to a boil and cook about 5 minutes.
- Add **sun-dried tomatoes**. Cook 4–7 minutes, or until penne is al dente, stirring occasionally.
- Reserve about ¼ cup **pasta cooking water**. Strain **penne and sun-dried tomatoes**. Return to pot. Drizzle with 1–2 teaspoons olive oil. Stir to coat. (You'll finish the pasta in Step 6.)

## 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 about ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until lightly browned, stirring occasionally.
- Add **peas and onion**. Cook 3–4 minutes, or until onion is translucent, stirring occasionally.
- Add **coconut milk, mushroom stock concentrate, and reserved pasta cooking water**. Season with **Italian seasoning** and **cashew "Parmesan."** Cook 2–3 minutes, or until sauce has slightly thickened, stirring occasionally. Remove from heat.

## 4 MAKE BALSAMIC TOMATO TOPPING

- Place **grape tomatoes** and **garlic** in a medium bowl. Drizzle with **balsamic vinaigrette with olive oil**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.
- Spread **grape tomatoes and garlic** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 4–6 minutes, or until tomatoes are blistered.

## 5 MAKE CROSTINI

- Spread **bread** out in a single layer on a second foil-lined baking sheet. Drizzle with 1–2 teaspoons cooking oil. Lightly season with salt and pepper. Toast 3–5 minutes, or until lightly browned.
- Remove from oven. Spoon **balsamic tomato topping** over **crostini**. (Careful! Baking sheets are hot!)

## 6 FINISH PASTA

- Transfer **penne with sun-dried tomatoes** to pan with **sauce**. Stir to combine.

## 7 PLATE YOUR DISH

- Divide **penne with mushroom cream sauce** between bowls. Serve **balsamic tomato crostini** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

Serving size

(488g)

Amount per serving

**Calories**

**1040**

|                                | % Daily Value* |
|--------------------------------|----------------|
| <b>Total Fat</b> 53g           | 68%            |
| Saturated Fat 15g              | 75%            |
| Trans Fat 0g                   |                |
| <b>Cholesterol</b> 0mg         | 0%             |
| <b>Sodium</b> 1430mg           | 62%            |
| <b>Total Carbohydrate</b> 124g | 45%            |
| Dietary Fiber 10g              | 36%            |
| Total Sugars 16g               |                |
| Includes 1g Added Sugars       | 2%             |
| <b>Protein</b> 23g             |                |
| Vitamin D 0mcg                 | 0%             |
| Calcium 76mg                   | 6%             |
| Iron 7mg                       | 40%            |
| Potassium 1304mg               | 30%            |

\* 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:

**Penne Pasta** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Coconut Milk** [coconut milk], **Sun-Dried Tomatoes** [organic dried tomatoes], **Yellow Onion**, **Cremini Mushrooms**, **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Peas** [peas], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Cashew “Parmesan”** (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper), **Garlic**, **Multigrain Mini Loaves** [unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, canola oil, molasses, granulated sugar, salt, dough conditioner, dough conditioner (soy protein, monoglycerides, modified cellulose salt, soybean oil, soy lecithin) cultured wheat flour, yeast, dough conditioner (wheat, flour, soybean oil, enzymes), wheat gluten, wheat bran, natural enzymes, ascorbic acid], **Grape Tomatoes**, **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 Wheat, Soy 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.*