



GREEN CHEF

BEEF CAVATAPPI SKILLET

roasted red peppers, peas, Parmesan, mozzarella

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
1090

Cavatappi’s twirly shape takes its name from the Italian word for “corkscrew.” Not only is it fun to eat, it’s also practical: The pasta’s many nooks and crannies cling onto creamy sauce and catch all the mix-ins (here, Italian-spiced beef, sweet peas, roasted red peppers, and lots of cheese). No more hunting through strands of spaghetti, then twirling with a fork and spoon—with cavatappi, you can easily curate bite after perfect bite.

INGREDIENTS (10 ITEMS)

- 10 oz **Ground beef***
- 1 tsp **Italian herb & red pepper blend**
- 6 oz **Cavatappi pasta** W
- 7¾ oz **Tomato cream sauce** M T
- 1 oz **Cream cheese** M
- 2½ oz **Peas**
- 2¼ oz **Roasted red peppers**
- 2 oz **Mozzarella cheese** M
- 1 oz **Parmesan cheese** M
- ½ tsp **Crushed red pepper flakes**

WHAT YOU’LL NEED

- large oven-safe sauté pan with lid
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- W WHEAT
- M MILK
- T TREE NUTS (coconut)

CUSTOM CHEF

If you chose to modify your meal, follow the Custom Chef instructions on the flip side of this card.

🔄 10 oz Organic ground beef*
Calories: 1090

*Ground beef is fully cooked when internal temperature reaches 160°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

4 COOKING FOR 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.

1 SEASON & COOK BEEF

- Set oven to broil.
- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **ground beef** to hot pan. Season with **Italian herb and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces.

🔄 Swap in **organic ground beef** for ground beef.

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 ADD PASTA

- Add **cavatappi pasta**, about half the **tomato cream sauce**, and about 2 cups water to pan with **beef**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.
- Bring to a boil, then reduce heat to medium low and cover pan with lid. Simmer 9-12 minutes, or until pasta is al dente and liquid is reduced and saucy, stirring occasionally.

3 MAKE SAUCE

- Add **cream cheese**, **peas**, **roasted red peppers**, remaining **tomato sauce**, and about 2 tablespoons water to pan with **pasta**. Stir to combine. Cook 2-3 minutes, or until sauce is warmed through. Season with about ¼ teaspoon salt and a pinch of pepper. Remove from heat.

4 FINISH PASTA

- Sprinkle **mozzarella cheese** and **Parmesan cheese** over **pasta**.
- Transfer pan to oven. Broil 2-3 minutes, or until cheese melts.*

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

5 PLATE YOUR DISH

- Divide **beef cavatappi** between bowls. Garnish with **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size

(475g)

Amount per serving

Calories

1090

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 24g	120%
Trans Fat 1g	
Cholesterol 170mg	57%
Sodium 1930mg	84%
Total Carbohydrate 87g	32%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 2g Added Sugars	4%
Protein 55g	
Vitamin D 0mcg	0%
Calcium 496mg	40%
Iron 8mg	45%
Potassium 975mg	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:

Ground Beef [beef], **Cavatappi Pasta** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Creamy Tomato Sauce** (Whipping Cream [organic grade A cream (milk), carrageenan], Coconut Milk [coconut milk, water, xanthan gum], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], 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]), **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Peas** [peas], **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)], **Crushed Red Pepper Flakes**, **Roasted Red Peppers** [bell pepper]

Allergen information:

Contains Milk, 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.