



**GREEN
CHEF**

BLISTERED TOMATO & FETA CAVATAPPI

sautéed onion & kale, Italian-style spices

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

710

MENU

VEGETARIAN // MEDITERRANEAN

Baked feta pasta was a TikTok sensation for good reason: al dente pasta with roasted tomatoes and salty feta is delicious! Here, we remix that combo on the stovetop, adding kale for a veggie boost and cream cheese for maximum lusciousness. The corkscrew-shaped cavatappi pasta adds a fun ... twist!

INGREDIENTS (8 ITEMS)

6 oz **Cavatappi pasta** W
 1 whole **Yellow onion**
 3½ oz **Lacinato kale**
 8 oz **Grape tomatoes**
 1 tsp **Italian-style spices & dill**
 1 whole **Vegetable stock concentrate**
 1 oz **Cream cheese** M
 4 oz **Feta cheese** M

WHAT YOU'LL NEED

large pot
 large sauté pan
 measuring cup & spoons
 strainer
 cooking & olive oils
 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 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 **cavatappi pasta**. Cook 7-9 minutes, or until al dente, stirring occasionally. Reserve about $\frac{3}{4}$ cup **pasta cooking water**.
- Strain **cavatappi**; shake off excess water. Return to pot. Drizzle with 2 teaspoons olive oil. Stir to coat.

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

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Slice remaining half into strips, about $\frac{1}{4}$ inch thick.
- Remove and discard any thick center stems from **lacinato kale**.^{*} Roughly chop leaves into bite-size pieces.

^{*}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!).

3 COOK ONION

- Heat $1\frac{1}{2}$ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until translucent, stirring occasionally.

4 SAUTÉ VEGGIES

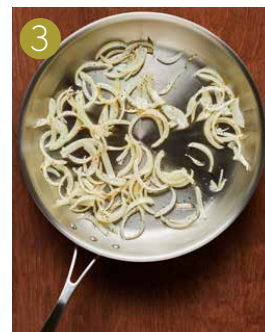
- Add **grape tomatoes** to pan. Season with salt and pepper. Cook 3-4 minutes, or until tomatoes begin to blister, stirring occasionally.
- Add **kale** and **Italian-style spices and dill**. Cook 1-2 minutes, or until kale is wilted, stirring occasionally.

5 FINISH PASTA

- Add reserved **pasta cooking water** and **vegetable stock concentrate** to pan. Simmer over medium-low heat until slightly reduced, 2-3 minutes. Remove pan from heat.
- Add **cavatappi**, **cream cheese**, and about half the **feta cheese** to pan. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **blistered tomato and feta cavatappi** between bowls. Garnish with remaining **feta**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (389g)

Amount per serving

Calories **710**

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 900mg	39%
Total Carbohydrate 92g	33%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 377mg	30%
Iron 4mg	20%
Potassium 488mg	10%

* 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:

Cavatappi Pasta [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Grape Tomatoes**, **Lacinato Kale**, **Yellow Onion**, **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **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)], **Italian-Style Spices & Dill** (Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Dill, Onion Powder, Black Pepper, Granulated Garlic)

Allergen information:

Contains Milk 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.