



GREEN CHEF

CREAMY TOMATO PENNE WITH PARMESAN ZUCCHINI

peas, almond gremolata

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
950

MENU
VEGETARIAN

Gremolata is a classic Italian condiment—usually made with parsley, garlic, and lemon—that adds an herby freshness to anything it touches. Tonight’s version has a twist: You’ll be making it with chives, sliced almonds, olive oil, and red pepper flakes. It’s the finishing touch for rich and flavorful penne—tossed in tomato cream sauce, studded with peas, and topped with Parmesan-roasted zucchini rounds. If you happen to have a lemon on hand, feel free to zest it up and stir in a pinch in Step 4.

INGREDIENTS (11 ITEMS)

- 6 oz **Penne pasta** W
- 1 whole **Zucchini**
- ¾ tsp **Italian herb & red pepper blend**
- 1 oz **Parmesan cheese** M
- 1 whole **Yellow onion**
- ⅛ oz **Chives**
- 1 oz **Sliced almonds** T
- ½ tsp **Crushed red pepper flakes**
- 2½ oz **Peas**
- 1 whole **Vegetable stock concentrate**
- ¾ oz **Tomato cream sauce** M T

WHAT YOU’LL NEED

- large pot
- large sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- strainer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

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

COOKING FOR 4 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

- Preheat oven to 425 degrees.
- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **penne pasta**. Cook 9-12 minutes, or until al dente, stirring occasionally.
- Strain **penne**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat. (You'll finish the pasta in Step 6.)

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 SEASON & ROAST ZUCCHINI

- Trim ends from **zucchini***. Slice widthwise into rounds, about ½ inch thick.
- Place **zucchini** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **Italian herb and red pepper blend** and about ¼ teaspoon salt. Stir to coat.
- Spread **zucchini** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until fork-tender, stirring halfway through.
- Sprinkle **Parmesan cheese** over **zucchini**. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 2-3 minutes, or until cheese melts.

**The ingredient you received may be a different color.*



3 PREP

- 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.
- Mince **chives**.
- Finely chop **sliced almonds**.



4 MAKE GREMOLATA

- Place **chives** and **almonds** in a second medium bowl. Add **crushed red pepper flakes*** to taste. Add about 1 tablespoon olive oil. Stir to combine. Season with salt and pepper to taste.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*



5 MAKE CREAMY TOMATO SAUCE

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until translucent, stirring occasionally.
- Reduce heat to medium low. Add **peas, vegetable stock concentrate, tomato cream sauce**, and about 2 tablespoons water. Cook 1-2 minutes, or until sauce is heated through, stirring occasionally. Remove from heat.

6 FINISH PASTA

- Add **penne** to pan with **tomato cream sauce and veggies**. Stir to coat. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **pasta** between bowls. Top with **Parmesan zucchini**. Garnish with **almond gremolata**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (453g)

Amount per serving

Calories **950**

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1500mg	65%
Total Carbohydrate 95g	35%
Dietary Fiber 10g	36%
Total Sugars 16g	
Includes 4g Added Sugars	8%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 304mg	25%
Iron 6mg	35%
Potassium 957mg	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:

Penne Pasta [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Peas** [peas], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Yellow Onion**, **Zucchini**, **Chives**, **Crushed Red Pepper Flakes**, **Almonds** [almonds], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **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])

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.