



**GREEN
CHEF**

PESTO & KALE SALAD FLATBREADS

roasted peppers, mushrooms, onion, dried apricots, almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

810

MENU

VEGAN // MEDITERRANEAN

If you enjoy salad alongside your flatbread dinner, why not try it on top? First, herby pesto is spread across the flatbreads. The next layer features roasted red peppers, meaty mushrooms, and sautéed onion. Finally, there's a kale salad strewn with dried apricots and crunchy almonds that's been dressed in sweet and tangy balsamic. Load up the flatbreads, then serve the rest on the side.

INGREDIENTS (10 ITEMS)

2¾ oz **Lacinato kale**
 ½ oz **Roasted almonds** **T**
 4 oz **Cremini mushrooms**
 1 whole **Yellow onion**
 ¾ oz **Balsamic vinegar**
 1 oz **Dried apricots**
 1 oz **Roasted red peppers**
 2 whole **Flatbreads** **W**
 1½ tbsp **Seasoned nutritional yeast**
 3½ oz **Dairy-free basil & garlic pesto** **T**

WHAT YOU'LL NEED

large sauté pan
 baking sheet
 medium bowl
 measuring spoons
 whisk
 oven mitt
 cooking & olive oils
 1 tsp sweetener
 salt & pepper

ALLERGENS

T TREE NUTS (almonds)
W WHEAT



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

PREP

- Preheat oven to 425 degrees.
- Remove and discard any thick center stems from **lacinato kale**.^{*} Roughly chop leaves into bite-size pieces.
- Roughly chop **roasted almonds**.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ½ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Slice remaining half into strips, about ¼ inch thick.

^{}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!).*

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

MAKE DRESSING & SALAD

- Place **balsamic vinegar**, 1 tablespoon olive oil, and 1 teaspoon of your preferred sweetener in a medium bowl. Whisk to combine. Season with salt and pepper to taste.
- Add **kale**. Lightly season with salt. Massage until leaves soften.
- Add **dried apricots** and **almonds**. Toss to combine. Season with salt and pepper to taste.

3

MAKE VEGGIE TOPPING

- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** and **onion** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until lightly browned, stirring occasionally.
- Add **roasted red peppers**. Cook 3-4 minutes, or until mushrooms are tender, stirring occasionally.

4

START FLATBREADS

- Place **flatbreads** on a lightly oiled, foil-lined baking sheet. Drizzle each with olive oil. Season with **seasoned nutritional yeast**, salt, and pepper. Spread **dairy-free basil and garlic pesto** over tops.
- Bake 2-3 minutes, or until flatbreads are lightly toasted.

5

FINISH FLATBREADS

- Spoon **veggie topping** over each **flatbread**. (**Careful! Baking sheet is hot!**) Bake 2-3 minutes, or until flatbreads are golden brown.
- Top each **flatbread** with as much **kale salad** as desired.

6

PLATE YOUR DISH

- Quarter **flatbreads**.
- Divide **pesto and kale salad flatbreads** between plates. Serve any remaining **kale salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (386g)

Amount per serving

Calories **810**

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 970mg	42%
Total Carbohydrate 80g	29%
Dietary Fiber 9g	32%
Total Sugars 20g	
Includes 3g Added Sugars	6%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 289mg	20%
Iron 4mg	20%
Potassium 920mg	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:

Flatbreads [enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, "00" flour, olive oil, yeast, contains less than 2% of: sea salt, natural mold inhibitors (cultured wheat starch, cultured wheat flour, vinegar), canola oil, wheat gluten, sugar, semolina flour, ground millet, sugar, salt, natural flavor, ascorbic acid], **Lacinato Kale**, **Dried Apricots** [apricot, rice flour, sulfur dioxide (added for color retention)], **Yellow Onion**, **Roasted Red Peppers** [bell pepper], **Balsamic Vinegar** [wine vinegar, concentrated grape must, caramel color], **Cremini Mushrooms**, **Almonds** [almonds], **Seasoned Nutritional Yeast** (Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Onion Powder, Granulated Garlic, Dried Parsley), **Dairy-Free Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Ascorbic Acid [ascorbic acid])

Allergen information:

Contains 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.

