

**GREEN  
CHEF**

## WHITE BEAN & CARAMELIZED ONION FLATBREADS

*apple kale salad, roasted red peppers, truffle zest*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

810

### MENU

VEGAN

Caramelized onion and red peppers paired with mashed white beans and truffle zest add irresistible rich and sweet flavors to these flatbreads. Because no flatbread is complete without its side salad, this one has a kale salad with crunchy Fuji apple tossed in lemon-Dijon vinaigrette. A garnish of fresh parsley on top adds refreshing notes and a pop of color.

### INGREDIENTS (12 ITEMS)

1 whole	<b>Yellow onion</b>
2¾ oz	<b>Green kale</b>
1 whole	<b>Fuji apple</b>
13¼ oz	<b>Cannellini beans</b>
¼ oz	<b>Parsley</b>
2¼ oz	<b>Roasted red peppers</b>
¾ oz	<b>Balsamic vinegar</b>
1¼ oz	<b>Lemon-Dijon vinaigrette with olive oil</b>
2 whole	<b>Flatbreads</b> <small>W</small>
1 whole	<b>Vegetable stock concentrate</b>
½ tsp	<b>Truffle zest</b>
1 tbs	<b>Seasoned nutritional yeast</b>

### WHAT YOU'LL NEED

medium sauté pan  
baking sheet  
mixing bowls  
measuring spoons  
strainer  
potato masher  
oven mitt  
cooking & olive oils  
salt & pepper

### ALLERGENS

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](https://www.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.
- 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.
- Remove and discard any thick center stems\* from **green kale\*\***. Roughly chop leaves into bite-size pieces.
- Stand **Fuji apple** upright and cut off sides around core; discard core. Medium dice into pieces, about ½ inch each.
- Strain and rinse **cannellini beans**.
- De-stem **parsley**; roughly chop leaves.

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

\*\*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 COOK ONION &amp; RED PEPPERS

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 3–4 minutes, or until lightly browned, stirring occasionally.
- Reduce heat to medium low. Add **roasted red peppers**, **balsamic vinegar**, and about 2 tablespoons water. Cook 5–6 minutes, or until onion is browned, stirring occasionally.
- Remove from heat.

## 3 MAKE KALE SALAD

- Place **kale** in a large bowl. Drizzle with about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **apple** and **lemon-Dijon vinaigrette with olive oil**. Toss to combine.

## 4 TOAST FLATBREADS

- Place **flatbreads** on a lightly oiled, foil-lined baking sheet. Drizzle olive oil over each **flatbread**. Bake 5–7 minutes, or until lightly toasted. (You'll finish the flatbreads in Step 6.)

## 5 MAKE MASHED BEANS

- Place **beans** in a medium bowl. Add **vegetable stock concentrate** and 1 teaspoon water. Season with about ¼ teaspoon **truffle zest\*** (reserve remaining for another use, like a dusting for popcorn), about ¼ teaspoon salt, and a pinch of pepper. Mash beans with a potato masher (or fork) until mostly smooth.

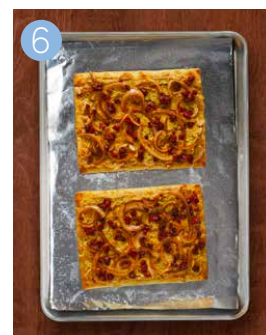
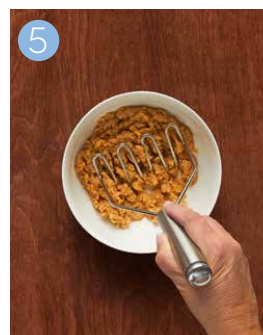
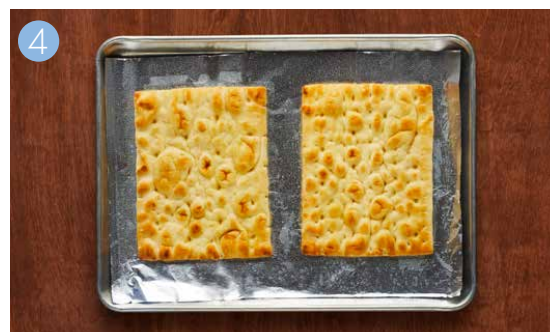
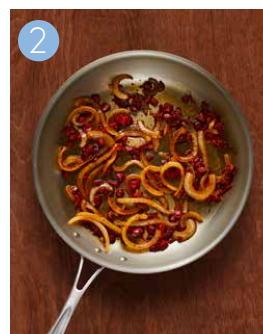
\*Truffle zest has an intensely rich, earthy flavor. Feel free to add more to your taste.

## 6 ASSEMBLE &amp; BAKE FLATBREADS

- Spread **mashed beans** over **flatbreads**. (Careful! Baking sheet is hot!) Sprinkle with **seasoned nutritional yeast**. Top with **caramelized onion and red peppers**.
- Return baking sheet to oven. Bake 4–5 minutes, or until flatbreads are golden.

## 7 PLATE YOUR DISH

- Quarter **flatbreads**.
- Divide **white bean and caramelized onion flatbreads** between plates. Garnish with **parsley**. Serve **apple kale salad** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (550g)

**Amount per serving**

**Calories** **810**

	% Daily Value*
<b>Total Fat</b> 31g	40%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1780mg	77%
<b>Total Carbohydrate</b> 103g	37%
Dietary Fiber 21g	75%
Total Sugars 19g	
Includes 2g Added Sugars	4%
<b>Protein</b> 26g	
Vitamin D 1mcg	6%
Calcium 277mg	20%
Iron 6mg	35%
Potassium 1265mg	25%

\* 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], **Cannellini Beans** [cannellini beans, water, salt], **Truffle Zest** [natural flavor, carob powder, salt, black summer truffle, natural flavors], **Yellow Onion**, **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Balsamic Vinegar** [wine vinegar, concentrated grape must, caramel color], **Roasted Red Peppers** [bell pepper], **Parsley**, **Green Kale**, **Fuji Apple**, **Lemon-Dijon Vinaigrette** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Black Pepper, Olive Oil [olive oil]), **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)

### Allergen information:

Contains 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.*