



ROASTED GARLIC & FENNEL FLATBREADS

artichoke hearts, seasoned tomato, kale salad

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
820

MENU
VEGAN

Why do our chefs love roasting garlic? The simple process softens the bold allium’s pungent flavor and allows its milder nutty undertones to shine. Here, you’ll mash roasted garlic and fold it in with coconut cream to make a rich, fragrant sauce. It’s slathered over toasty flatbreads and topped with tomato slices, fennel, and artichoke hearts for a creamy, crunchy, juicy blend of textures in every bite.

INGREDIENTS (13 ITEMS)

- 2¾ oz **Red kale**
- 2 oz **Fennel**
- 1¾ oz **Artichoke hearts**
- 1 whole **Roma tomato**
- ¼ oz **Garlic**
- 1 oz **Balsamic vinaigrette with olive oil**
- 1¾ oz **Carrots**
- 1 oz **Dried cranberries**
- ½ oz **Pine nuts** T
- 4 oz **Coconut cream with corn** T
- 2 tsp **Oregano-garlic seasoning**
- 2 whole **Flatbreads** W
- ½ tsp **Crushed red pepper flakes**

WHAT YOU’LL NEED

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

ALLERGENS

- T TREE NUTS (coconut, pine nuts)
- 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 400 degrees.
- Remove and discard any thick center stems from **red kale***. Roughly chop leaves into bite-size pieces.
- Remove and discard core from **fennel** with angled downward cuts. Medium dice into pieces, about ½ inch each.
- Roughly chop **artichoke hearts**.
- Cut **Roma tomato** widthwise into slices, about ¼ inch thick. Place in a small bowl. Drizzle with about 1 teaspoon olive oil. Season with about ¼ teaspoon salt and a pinch of pepper. Turn to coat.

*The ingredient you received may be a different color.

4 COOKING FOR

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 ROAST GARLIC

- Place **garlic** in the center of a rectangular piece of foil. Drizzle with about 1 tablespoon cooking oil. Season with salt and pepper. Gently stir to coat. Fold edges of foil together to form a packet.
- Place foil packet, seam side up, directly on oven rack. Roast 10-15 minutes, or until garlic is fragrant and lightly browned.

3 MAKE SALAD

- Place **kale** in a medium bowl. Drizzle with about 1 tablespoon **balsamic vinaigrette with olive oil**. Lightly season with salt. Massage until leaves soften.
- Add **carrots, dried cranberries, and pine nuts**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

4 COOK VEGGIE TOPPING

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **fennel** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **artichokes**. Cook 3-4 minutes, or until fennel is tender, stirring occasionally.

5 MAKE ROASTED GARLIC SAUCE

- Remove **garlic** from foil (reserve roasted garlic oil). Transfer to a second small bowl. Mash **garlic** with a fork into a paste.
- Add **coconut cream with corn** and reserved **roasted garlic oil**. Season with **oregano-garlic seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine.

6 BUILD & BAKE FLATBREADS

- Place **flatbreads** on a lightly oiled, foil-lined baking sheet. Drizzle each with about 1 tablespoon olive oil. Season with salt and pepper. Rub to evenly coat.
- Spread **flatbreads** with **roasted garlic sauce**. Top with **veggie topping** and **seasoned tomato**.
- Bake 7-9 minutes, or until flatbreads are golden brown.

7 PLATE YOUR DISH

- Quarter **flatbreads**.
- Divide **roasted garlic and fennel flatbreads** between plates. Sprinkle with **crushed red pepper flakes** to taste (or omit). Serve **kale salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (390g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1760mg	77%
Total Carbohydrate 85g	31%
Dietary Fiber 9g	32%
Total Sugars 19g	
Includes 9g Added Sugars	18%
Protein 14g	
Vitamin D 1mcg	6%
Calcium 260mg	20%
Iron 4mg	20%
Potassium 802mg	15%

* 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:

Coconut Cream With Corn (Corn [corn], Coconut Milk [coconut milk, water, xanthan gum], Lemon Juice [lemon], Ascorbic Acid [ascorbic acid], Granulated Garlic), **Fennel, Roma Tomatoes, Pine Nuts** [pine nuts], **Garlic, Crushed Red Pepper Flakes, Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Red Kale, Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Carrots, Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **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]

Allergen information:

Contains Wheat And Tree Nuts

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.