



PEANUT MUSHROOM WRAPS

cilantro slaw, tamari, ginger-lime peanut sauce

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 600	MENU VEGETARIAN
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Meaty portobello mushrooms pick up sweet and savory flavor from tamari sauce and ginger-lime peanut sauce in these filling wraps. Alongside the mushrooms, cabbage and carrot slaw adds crunch while a punchy ginger-sesame vinaigrette delivers extra zing. For even more sweet peanut flavor, you'll toast peanuts in a bit of sugar before adding them to your tortillas. The result: a flavor explosion of sweet, savory, and hearty flavors in every veggie-packed bite.

INGREDIENTS (9 ITEMS)

- ½ oz **Roasted peanuts** P
- 2 whole **Portobello mushrooms**
- 8½ oz **Cabbage & carrots**
- ¼ oz **Cilantro**
- 2 oz **Yellow onions**
- ¼ oz **& ginger**
- ¾ oz **Gluten-free tamari sauce** S
- 2 whole **Flour tortillas** W
- 1¼ oz **Ginger-sesame vinaigrette** T
- 2¾ oz **Ginger-lime peanut sauce** P S T

WHAT YOU'LL NEED

- medium nonstick pan
- large sauté pan
- mixing bowls
- measuring cup & spoons
- oven mitt
- cooking oil
- 2 tsp sugar
- salt & pepper

ALLERGENS

- P PEANUTS
- S SOY
- W WHEAT
- T TREE NUTS (coconut)



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.
- Roughly chop **peanuts**.
- Wipe **portobello mushrooms** clean with damp paper towels. Remove any stems. Scrape out gills with a spoon. Slice lengthwise into strips, about ½ inch wide. Halve strips widthwise.
- Roughly chop **cabbage* and carrots** if necessary.
- De-stem **cilantro**; roughly chop leaves.

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

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

CANDY PEANUTS

- Heat a dry, medium nonstick pan over medium-high heat. Add **peanuts**, about ¼ cup water, and 2 teaspoons sugar to hot pan. Cook 3-5 minutes, or until liquid has cooked off and peanuts are evenly coated and lightly toasted, stirring frequently.
- Transfer **peanuts** to a small bowl.

3

COOK MUSHROOMS

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** and **yellow onions and ginger** to hot pan. Season with salt and pepper. Cook 6-8 minutes, or until softened, stirring occasionally.*
- Add **gluten-free tamari sauce**. Lightly season with salt and pepper. Cook 1-2 minutes, or until sauce has slightly reduced and mushrooms are evenly coated, stirring occasionally.

**If the pan seems dry while cooking, add another tablespoon of cooking oil.*

4

WARM TORTILLAS

- Meanwhile, stack **flour tortillas** on foil; wrap with foil. Place directly on oven rack. Warm 4-6 minutes, or until heated through.

5

MAKE SLAW

- Place **cabbage and carrots** and **cilantro** in a medium bowl. Drizzle with **ginger-sesame vinaigrette**. Toss to combine. Season with salt and pepper to taste.

6

ASSEMBLE WRAPS

- Place **tortillas** on a clean work surface. Place about ½ cup **slaw** on bottom third of each tortilla. Top slaw with **mushrooms**. Drizzle with **ginger-lime peanut sauce**. Sprinkle **candied peanuts** over top.
- Fold up bottom side of each **tortilla** over **filling**. Fold over left and right sides toward the filling. Roll up **tortillas**, starting with filled sides, to enclose **filling**.*

**For less mess, place each tortilla on a large piece of aluminum foil before rolling and wrap up with the foil. Simply unwrap as you eat!*

7

PLATE YOUR DISH

- Halve **wraps** on a diagonal.
- Divide **peanut mushroom wraps** between plates. Serve remaining **cilantro slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (442g)

Amount per serving

Calories **600**

	% Daily Value*
Total Fat 34g	44%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 990mg	43%
Total Carbohydrate 64g	23%
Dietary Fiber 8g	29%
Total Sugars 22g	
Includes 8g Added Sugars	16%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 160mg	10%
Iron 3mg	15%
Potassium 1091mg	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:

Flour Tortillas [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Portobello Mushrooms, Yellow Onions, Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Gluten-Free Tamari Sauce** [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], **Green Cabbage, Red Cabbage, Carrots, Cilantro, Peanuts** [peanuts, canola and/or peanut oil], **Ginger-Sesame Vinaigrette** (Puréed Ginger [ginger], Garlic, Apple Juice [organic pasteurized juice from fresh pressed organic, seasonal apples], Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Agave [organic agave syrup], Orange Juice [organic orange juice], Sea Salt, White Pepper, Sesame Oil [refined sesame oil], Olive Oil [olive oil]), **Ginger-Lime Peanut Sauce** (Peanut Butter [peanuts], Coconut Milk [coconut milk, water, xanthan gum], Maple Syrup [pure maple syrup], Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Sunflower Oil [high oleic sunflower oil], Puréed Ginger [ginger], Red Onions, Toasted Sesame Oil [toasted sesame oil], Granulated Garlic, Sriracha Sauce [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], Lime Juice [lime], Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Soy, Tree Nuts, Peanuts 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.