

VEGGIES

Balsamic Tomato Parmesan Risotto with Basil Oil and Zucchini



What's not to love about risotto? It's luxurious and comforting--one of those dishes that never fails to satisfy. Risotto has the reputation of being labor intensive, but we're here to dispel that rumor--ours couldn't be easier to whip up! This version begins as classic as can be, with nutty Parmesan and rich stock. It's then topped with tangy balsamic-glazed zucchini and grape tomatoes, two perfect contrasts to risotto's creamy richness. For a finishing touch, everything receives a drizzle of basil-infused olive oil.

Tags:Veggie

Allergens:Milk

Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Total Time45 minutes

DifficultyMedium

Nutrition Values/ per serving

Energy (kJ)2301 kJ

Calories550 kcal

Fat26 g

Saturated Fat9 g

Carbohydrate67 g

Sugar6 g

Dietary Fiber 3g

Protein12 g

Cholesterol30 mg

Sodium550 mg

Ingredients serving amount

2 4



2 unit Veggie Stock Concentrate



2 unit Scallions



¾ cup Arborio Rice



1 tablespoon Tuscan Heat Spice



4 ounce Grape Tomatoes



1 unit Zucchini



5 teaspoon Basil Oil



5 teaspoon Balsamic Vinegar



¼ cup Parmesan Cheese (Contains Milk)

Not included in your delivery



1 teaspoon Vegetable Oil



1 tablespoon Butter (Contains Milk)



Salt



Pepper

Utensils

- Medium Pot
- Large Pan

Instructions



1

Bring 5 cups of water and stock concentrate to a boil in a medium pot. Once boiling, reduce heat to low. Meanwhile, wash and dry all produce. Trim and thinly slice scallions, separating whites from greens.



2

Heat a drizzle of oil in a large high-sided pan over medium heat. Add scallion whites and cook until softened, 1-2 minutes. Add rice and 2 tsp Tuscan Heat Spice. Stir until rice is translucent, 1-2 minutes. Add $\frac{1}{2}$ cup stock to pan; stir until liquid has mostly absorbed. Repeat with remaining stock, adding $\frac{1}{2}$ cup at a time and stirring until liquid has mostly absorbed, until al dente and creamy, 30-35 minutes. TIP: Depending on the size of your pan, you may need a little more or a little less liquid.



3

Once the risotto has cooked for 25 minutes, halve the tomatoes. Trim and dice zucchini into $\frac{1}{2}$ -inch pieces. Heat a drizzle of basil oil (about 1 tsp) in a second large pan over medium-high heat. Add zucchini and remaining Tuscan Heat Spice. Cook, stirring, until lightly browned and tender, 4-6 minutes.



4

Add tomatoes and 1 TBSP vinegar (we sent more) to the pan. Cook, stirring, until tomatoes have softened, 2-3 minutes. Season with salt and pepper. Turn off heat.



5

Once risotto is al dente, stir in 1 TBSP butter and half the Parmesan. Taste and season with salt and pepper.



6 .Divide risotto between bowls. Top with veggies. Garnish with scallion greens and remaining Parmesan. Drizzle with remaining basil oil (to taste).

Cheese Tortellini with Mushroom Sauce, Parmesan, and Chili Flakes



Umami is defined as that hard-to-describe flavor that makes it impossible to put down your fork. Not sure if you've ever experienced the 'fifth taste?' After one bite of this dish, you'll totally understand the obsession. Tender cheese-stuffed tortellini is tossed in a creamy sauce that's dotted with bites of earthy mushrooms. The finishing touch is a scattering of crunchy scallion greens, plus chili flakes for a kick. Talk about savory bliss. Plus, it cooks up in no time. What are you waiting for?!

Tags:Veggie

Allergens:Eggs•Milk•Wheat

Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Total Time30 minutes

DifficultyEasy

Nutrition Values/ per serving

Energy (kJ)3222 kJ

Calories770 kcal

Fat46 g

Saturated Fat26 g

Carbohydrate57 g

Sugar7 g

Dietary Fiber6 g

Protein 27g

Cholesterol145 mg

Sodium1150 mg

Ingredients serving amount

2 4



2 unit Scallions



8 ounce Button Mushrooms



2 clove Garlic



9 ounce Cheese Tortellini (Contains Eggs, Milk, Wheat)



1 tablespoon Italian Seasoning



2 tablespoon Cream Cheese (Contains Milk)



2 tablespoon Sour Cream (Contains Milk)



1/4 cup Parmesan Cheese (Contains Milk)



1 teaspoon Chili Flakes



1 unit Mushroom Stock Concentrate

Not included in your delivery



2 teaspoon Olive Oil



3 tablespoon Butter (Contains Milk)



Salt



Pepper

Utensils

- Large Pan
- Large Pot
- Slotted Spoon

Instructions



1

Bring a large pot of salted water to a boil. Wash and dry all produce. Trim and thinly slice scallions, separating whites from greens. Trim and quarter mushrooms. Mince or grate garlic.



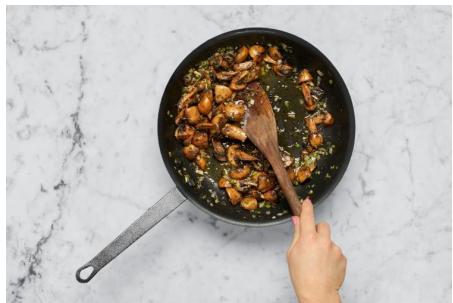
2

Heat a large drizzle of olive oil in a large pan over medium-high heat. Add mushrooms and cook, stirring occasionally, until browned and softened, 7-9 minutes. TIP: If pan seems dry, add another drizzle of olive oil.



3

Once water is boiling, add tortelloni to the pot. Reduce to a low simmer and cook until tender and floating to the top, 3-5 minutes. Turn off heat, leaving tortellini in water.



4

Add garlic, scallion whites, half the Italian Seasoning, and 2 TBSP butter to pan with mushrooms. Continue to cook over medium-high heat, stirring, until scallion whites are softened and butter has melted, 1-2 minutes. Season with salt and pepper. Reduce heat to low.



5

Stir cream cheese, sour cream, stock concentrate, $\frac{1}{4}$ cup pasta cooking water ($\frac{1}{3}$ cup for 4 servings), and 1 TBSP butter (2 TBSP for 4) into the pan until thoroughly combined. Using a

slotted spoon, gently transfer tortelloni to the pan. (TIP: If needed, stir in more cooking water a splash at a time until pasta is coated in a creamy sauce.) Gently stir to coat. Season with remaining Italian Seasoning, salt, and pepper.



6

Divide pasta between bowls. Sprinkle with Parmesan, scallion greens, and chili flakes if desired.

Southwest Stuffed Poblanos with Quinoa and Corn



Mild, earthy, sweet, and perfect for stuffing, poblano peppers are one of our favorite ingredients to use in quick (and delicious) dinners. Speaking of stuffing, we combined protein-rich quinoa with fresh tomato, sweet corn, and Southwestern spices for a twist on the traditional Italian profile. Once filled, the peppers receive a sprinkle of melty Pepper Jack and out of the oven, a dollop of zesty lime crema. These packed peppers are sure to satisfy.

Tags: Veggie•Spicy

Allergens: Milk

Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Total Time 35 minutes

Difficulty Easy

Nutrition Values / per serving

Energy (kJ) 2469 kJ

Calories 590 kcal

Fat 24 g

Saturated Fat 9 g

Carbohydrate 65 g

Sugar 19 g

Dietary Fiber 12 g

Protein 20 g

Cholesterol 40 mg

Sodium 550 mg

Ingredients

serving amount



2 unit Poblano Pepper



1 unit Roma Tomato



2 unit Scallions



1 unit Lime



1 unit Veggie Stock Concentrate



$\frac{1}{2}$ cup Quinoa



2 tablespoon Sour Cream (Contains Milk)



13.4 ounce Corn



1 tablespoon Southwest Spice Blend



$\frac{1}{2}$ cup Pepper Jack Cheese (Contains Milk)

Not included in your delivery



2 teaspoon Vegetable Oil



Salt



Pepper

Utensils

- Zester
- Small pot
- Baking Sheet
- Small Bowl
- Large Pan
- Paper Towel
- Strainer

Instructions



1

Adjust rack to middle position and preheat oven to 425 degrees. Wash and dry all produce. Halve poblanos lengthwise; remove ribs and seeds. Dice tomato. Trim and thinly slice scallions, separating whites from greens. Zest and quarter lime (quarter both limes for 4 servings).



2

In a small pot, combine 1 cup water (2 cups for 4 servings), stock concentrate, and a large pinch of salt. Bring to a boil, then add quinoa, cover, and reduce heat to low. Simmer until quinoa is tender and water has evaporated, 15-20 minutes. TIP: Drain any excess water, if necessary.



3

While quinoa cooks, rub poblano halves with oil; season with salt and pepper. Place cut sides down on a baking sheet. Roast on middle rack until tender, 18-20 minutes. Meanwhile, in a small bowl, combine sour cream, lime zest, and a squeeze of lime juice. Add water 1 tsp at a time until mixture reaches a drizzling consistency. Season with salt and pepper.



4

Drain corn and pat dry with paper towels. Heat a drizzle of oil in a large, preferably ovenproof, pan over high heat. Add corn and cook, stirring occasionally, until lightly charred, 4-6 minutes. (TIP: If corn begins to pop, cover the pan.) Reduce heat to medium and add tomato, scallion whites, and Southwest Spice. Cook, stirring occasionally, until the tomato breaks down, 2-3 minutes. Season with salt and pepper. Turn off heat.



5

Stir cooked quinoa into pan with veggies; season with salt and pepper. Once poblanos are done roasting, stuff each half with as much grain mixture as will fit. Place in a pan with the remaining grain mixture, nestling each poblano half into the grains. (TIP: If your pan isn't ovenproof, transfer mixture to a small baking dish and arrange stuffed poblanos in there.) Sprinkle evenly with cheese. Heat broiler to high or oven to 500 degrees.



6

Transfer pan with stuffed poblanos to middle rack; broil or bake until cheese is melted and lightly browned, 2-3 minutes. Remove from the oven and top with lime crema and scallion greens. Divide between plates. Serve with any remaining lime wedges on the side.

Salsa Verde Enchiladas with Poblano Pepper, Black Beans, and Monterey Jack Cheese



Saucy, smothered, hearty, and delicious: this enchilada bake has everything you could possibly want in a recipe. You'll make it by wrapping tortillas around a filling of poblano pepper, tomato, and beans, then coating the bundles with a healthy glug of mild green salsa and a sprinkle of Monterey Jack cheese. Put it in the oven and let it get piping hot and bubbly, and all you'll have left to do is add a drizzle of spiced sour cream and dig in to that deliciousness.

Tags:Veggie

Allergens:Soy•Wheat•Milk

Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Total Time35 minutes

DifficultyEasy

Nutrition Values / per serving

Energy (kJ)3347 kJ

Calories800 kcal

Fat31 g

Saturated Fat14 g

Carbohydrate78 g

Sugar9 g

Dietary Fiber 14g

Protein23 g

Cholesterol40 mg

Sodium1950 mg

Ingredients serving amount

2 4



2 unit Scallions



1 unit Poblano Pepper



1 unit Roma Tomato



1 unit Chili Pepper



13.4 ounce Black Beans



1 tablespoon Southwest Spice Blend



6 unit Flour Tortillas (Contains Soy,

Wheat)



7.06 ounce Green Salsa



1/4 cup Monterey Jack Cheese (Contains Milk)



2 tablespoon Sour Cream (Contains Milk)

Not included in your delivery



1 tablespoon Vegetable Oil



1 tablespoon Butter (Contains Milk)



Salt



Pepper

Utensils

- Small Bowl

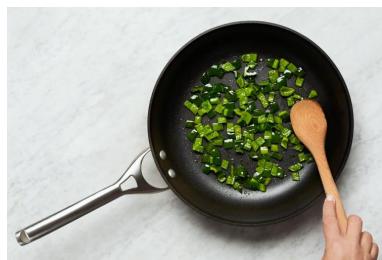
- Strainer
- Large Pan
- Potato Masher
- Small pot
- Baking Dish

Instructions



1

Adjust rack to top position and preheat oven to 475 degrees. Wash and dry all produce. Trim and thinly slice scallions, separating whites from greens. Core, deseed, and dice poblano. Finely dice tomato. Thinly slice chili, removing seeds for less heat. Drain beans over a small bowl, reserving liquid.



2

Heat a drizzle of oil in a large pan over medium-high heat. Add poblano and cook until just softened, 3-4 minutes.



3

Reserve $\frac{1}{2}$ tsp Southwest Spice (1 tsp for 4 servings) in a second small bowl. Once poblano has cooked 3-4 minutes, add tomato, scallion whites, half the beans, 2 TBSP reserved bean liquid, and remaining Southwest Spice. Cook, stirring, until fragrant and warmed through, 2-3 minutes. Season with salt and pepper.



4

Heat a large drizzle of oil in a small pot over medium-high heat. Add remaining beans and cook, stirring, until slightly softened, 2-3 minutes. Add 3 TBSP reserved bean liquid ($\frac{1}{3}$ cup for 4 servings; you may have some left over). Simmer until warmed through, 1-2 minutes. Reduce heat to low and stir in 1 TBSP butter (2 TBSP for 4). Turn off heat; mash with a potato masher or fork until mostly smooth. Season with plenty of salt and pepper.



5

Spread tortillas with mashed beans. Place a small amount of filling on one half of each tortilla. Roll up tortillas, starting with the filled side, and place seam sides down in an 8-by-11-inch baking dish or ovenproof pan. (For 4 servings, assemble in a 9-by-13-inch baking dish—or two smaller ones.) Spoon enough salsa over to generously coat (you may have some left over). Sprinkle it with cheese. Bake until the salsa is bubbly and the cheese is melted, 3–5 minutes.



6

Meanwhile, add sour cream to the bowl with reserved Southwest Spice. Stir in warm water 1 tsp at a time until mixture reaches a drizzling consistency. Season with salt and pepper. Top baked enchiladas with crema, scallion greens, and as much chili as you like. Divide between plates and serve.

Roasted Veggie Caprese Bowls with Farro and Balsamic Vinaigrette



While we'll take the classic combo of mozzarella, tomato, and basil in pretty much any form, when our chefs let us know they transformed caprese into a hearty grain bowl dinner, we could barely contain ourselves. If you're not familiar with the base, farro is an ancient grain with a nutty flavor, addictively chewy texture, and high fiber content. (Win-win-win!) Here, it's tossed with tender roasted zucchini and juicy tomatoes, freshly torn basil, creamy mozzarella, and a tangy-sweet balsamic vinaigrette. Need we say more?

Tags:Veggie

Allergens:Wheat•Milk•Tree Nuts

Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Total Time35 minutes

DifficultyEasy

Nutrition Values / per serving

Energy (kJ)3598 kJ

Calories860 kcal

Fat40 g

Saturated Fat13 g

Carbohydrate93 g

Sugar 16g

Dietary Fiber 11g

Protein 28g

Cholesterol55 mg

Sodium640 mg

Ingredients serving amount

2 4



1 cup Farro (Contains Wheat)



2 unit Veggie Stock Concentrate



1 unit Zucchini



1 unit Roma Tomato



1 unit Red Onion



4 ounce Fresh Mozzarella (Contains Milk)



½ ounce Basil



5 teaspoon Balsamic Vinegar



1 teaspoon Italian Seasoning



1 ounce Almonds (Contains Tree Nuts)

Not included in your delivery



4 teaspoon Olive Oil



1 teaspoon Vegetable Oil



1 tablespoon Butter (Contains Milk)



Salt



Pepper

Utensils

- Medium Pot
- Aluminum Foil
- Baking Sheet
- Small Bowl
- Small Pan
- Whisk

Instructions



1

Preheat the oven to 450 degrees. Combine farro, stock concentrates, and 3 1/2 cups water (6 cups for 4 servings) in a medium pot. Bring to a boil and cook until the farro is tender, 25-30 minutes total. TIP: If you end up with any excess stock, simply pour it out. Alternatively, if stock evaporates before farro is done, add a splash of water.



2

Meanwhile, wash and dry all produce. Trim zucchini; slice into thin rounds. Cut tomato into 6 wedges (cut both tomatoes for 4 servings). Halve and peel onion; cut one half into ½-inch-thick wedges. Finely chop the remaining half. Dice mozzarella into ½-inch pieces. Pick basil leaves from stems; discard stems. Finely chop half the leaves; tear remaining leaves into large pieces.



3

Place onion wedges in the center of a large piece of foil. Lift up and crimp sides of foil to make a bowl. Pour in half the vinegar (you'll use the rest later) and a drizzle of olive oil. Season with salt and pepper. Place on one side of a baking sheet.



4

On the opposite side of the baking sheet, toss tomato and zucchini with a drizzle of olive oil, Italian Seasoning, salt, and pepper (use 2 baking sheets for 4 servings). Roast until tomato and zucchini are browned and onion wedges are softened, 15- 20 minutes. Meanwhile, heat a small, dry pan over medium-high heat. Add almonds and toast, stirring often, until fragrant and lightly browned, 3-4 minutes. Turn off heat; transfer to a small bowl.



5

In a second small bowl, whisk together remaining vinegar and a large drizzle of olive oil. Season with salt and pepper. Heat a drizzle of oil in the same pan used to toast almonds over medium-high heat. Add chopped onion and cook until softened, 4-5 minutes. Season with salt and pepper.



6

Stir chopped onion, chopped basil, half the mozzarella, and 1 TBSP butter (2 TBSP for 4 servings) into the farro. Season with salt and pepper; divide between bowls. Top with roasted veggies and remaining mozzarella. Drizzle with vinaigrette and sprinkle with almonds and torn basil.