Vegan Polenta Primavera

with Bell Pepper, Zucchini, Mushrooms & Grape Tomatoes

New 30-40 Minutes · Calories: 220 · Protein: 10 g

Ingredients


Nutritional Yeast


Button Mushrooms


Veggie Stock Concentrate


Precooked Polenta


Grape Tomatoes


Zucchini


Scallions


Garlic


Green Bell Pepper

Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.

Hello
Nutritional Yeast
These yellow flakes have a savory Parmesan-like flavor that makes them a favorite in vegan and vegetarian dishes!

Before you start
Double Take
Why separate the scallion whites from the greens? The whites are better for cooking while the greens are better for topping.

Cooking tools
small pot, large pan, potato masher, small bowl

Pantry ingredients
kosher salt, black pepper, olive oil, cooking oil

Nutrition

Nutrients	per serving
Calories:	220
Total Fat:	8g
Saturated Fat:	1g
Sodium:	1470mg
Total Carbohydrate:	31g
Dietary Fiber:	6g
Added Sugars:	2g
Protein:	10g

Cook for YOUR Crowd
Our recipes are customizable!
Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.

1 Prep
- **Wash and dry produce.**
- Core, deseed, and dice **bell pepper** into ½-inch pieces. Trim and quarter **mushrooms** **(skip if your mushrooms are pre-sliced!)**. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Halve **tomatoes**. Peel and mince or grate **garlic**. Trim and thinly slice **scallions**, separating whites from greens.
- Transfer **½ tsp nutritional yeast (1 tsp for 4 servings)** to a small bowl; set aside for serving. **(You'll use the rest of the nutritional yeast in Step 3.)**

2 Cook Veggies
- Heat a **large drizzle of olive oil** in a large pan **(large pot for 4 servings)** over medium-high heat. Add **bell pepper**, **mushrooms**, and **zucchini**; season with **salt** and **pepper**. Cook, stirring occasionally, until veggies are browned and just softened, 5-7 minutes. **TIP: While veggies cook, move on to Step 3!**
- In the last minute of cooking, add **tomatoes** and **garlic**; cook, stirring, until fragrant, 30 seconds.
- Add **2 TBSP water (4 TBSP for 4)** and cook, stirring constantly, until liquid has mostly reduced, about 1 minute. Season with **salt** and **pepper**.

3 Cook Polenta
- While veggies cook, heat a **drizzle of oil** in a small pot over medium heat. Add **scallion whites** and cook, stirring occasionally, until fragrant, 1-2 minutes.
- Add **polenta**, **stock concentrate**, and **⅓ cup water (⅔ cup for 4 servings)**. Mash with a potato masher or fork until mostly smooth, 30-60 seconds.
- Add **remaining nutritional yeast** and cook, stirring, until thickened and warmed through, 4-5 minutes. Taste and season with **salt** and **pepper** if desired. **TIP: If polenta seems too thick, add water 1 TBSP at a time until it reaches desired consistency.**

4 Serve
- Divide **polenta** between shallow bowls. Top with **sautéed veggies**. Sprinkle with **reserved nutritional yeast** and **scallion greens**. Serve.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.

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