



# VEGAN BROCCOLI & SUN-DRIED TOMATO PASTA

with Zucchini, Shallot & Fresh Parsley

## INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz  
Broccoli Florets



1 | 2  
Shallot



1 | 2  
Zucchini



1.5 oz | 3 oz  
Sun-Dried  
Tomatoes



¼ oz | ½ oz  
Parsley



1 TBSP | 1 TBSP  
Italian Seasoning



6 oz | 12 oz  
Penne Pasta  
Contains: Wheat



1 tsp | 2 tsp  
Garlic Powder



13.76 | 27.52  
Crushed Tomatoes



1 | 2  
Mushroom Stock  
Concentrate



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## HelloCustom

If you chose to modify your meal, follow the  
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 800



10 oz | 20 oz  
Organic Chicken  
Cutlets

Calories: 800



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 610





HELLO





## SHALLOT

A milder, sweeter, more easily caramelized cousin of the onion

## SAUCE BOSS

The secret to a luxurious sauce? Pasta cooking water! The starchy liquid helps create a super-creamy sauce that clings to every bite.

## BUST OUT

- Large pot
- Large pan
- Baking sheet
- Paper towels  
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)  
(1 tsp | 1 tsp)  
- Sugar (1 tsp | 2 tsp)
- Olive oil (2 tsp | 2 tsp)

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## 1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Cut **broccoli florets** into bite-size pieces if necessary. Halve, peel, and cut **shallot** into ½-inch-thick wedges. Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick pieces. Finely chop **sun-dried tomatoes**. Roughly chop **parsley**.





## 4 MAKE SAUCE

- Stir **crushed tomatoes, stock concentrate, ¼ cup reserved pasta cooking water** (½ cup for 4 servings), **1 tsp sugar** (2 tsp for 4), and a **pinch of salt and pepper** into pan with **zucchini**. Bring to a boil, then reduce to a low simmer. Cook, stirring occasionally, until flavors meld, 1-3 minutes.



## 2 ROAST VEGGIES

- Toss **broccoli** and **shallot** on a baking sheet with a **drizzle of oil, 1 tsp Italian Seasoning** (2 tsp for 4 servings), **salt**, and **pepper**. (Be sure to measure the **Italian Seasoning**.)
- Roast on top rack until browned and tender, 12-15 minutes.
-  Pat **chicken\*** or **organic chicken\***
-  dry with paper towels and season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 5-7 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.





## 5 TOSS PASTA

- Add drained **penne** and a **large drizzle of olive oil** to pan with **sauce**. Toss to combine; season with **salt** and **pepper** to taste. **TIP: If needed, stir in more reserved cooking water a splash at a time until pasta is thoroughly coated in sauce.**






## 3 COOK PASTA & ZUCCHINI

- Once water is boiling, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **½ cup pasta cooking water** (¾ cup for 4 servings), then drain.
- While pasta cooks, heat a **drizzle of oil** in a large pan over medium heat. Add **zucchini** and **garlic powder**; cook, stirring occasionally, until zucchini is lightly browned and softened, 3-5 minutes.
- Add **sun-dried tomatoes** and cook, stirring frequently, until softened, 2-3 minutes more.
-  Use pan used for chicken here.
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## 6 SERVE

- Divide **pasta** between bowls. Top with **broccoli and shallot**. Garnish with **parsley** and serve.
-  Thinly slice **chicken** or **organic**
-  **chicken** crosswise; serve atop bowls.

 \*Chicken is fully cooked when internal temperature reaches 165°.