



# ONE-POT TORTELLINI WONDER

with Kale and Parmesan Breadcrumbs

PREP: 10 MIN  
TOTAL: 25 MIN

LEVEL 1

NUT  
FREE

VEGGIE



## HELLO KALE

A pop of green under all that creaminess!



### INGREDIENTS:

- Garlic
- Kale
- Milk (Contains: Milk)
- Veggie Stock Concentrate
- Pesto (Contains: Milk)
- Cheese Tortellini (Contains: Milk, Wheat, Eggs)
- Panko Breadcrumbs (Contains: Wheat, Soy)
- Shredded Parmesan Cheese (Contains: Milk)

### FOR 2 PEOPLE:

- 2 Cloves
- 4 oz
- 1 Cup
- 1
- 2 oz
- 9 oz
- ¼ Cup
- ¼ Cup

### FOR 4 PEOPLE:

- 4 Cloves
- 8 oz
- 2 Cups
- 2
- 4 oz
- 18 oz
- ½ Cup
- ½ Cup

### NUTRITION PER SERVING

720 cal | Fat: 35 g | Sat. Fat: 12 g | Protein: 30 g | Carbs: 68 g | Sugar: 8 g | Sodium: 1109 mg | Fiber: 2 g

## START STRONG

The best way to remove a tough kale stem is to hold it with one hand. Then, grab the kale leaves with the other hand and tear them away. Discard the stems or, if you're feeling adventurous, use them later for soup.



## BUST OUT

- Medium ovenproof pan
- Small bowl
- Olive oil

### 1 PREHEAT AND PREP

#### Wash and dry all produce.

Preheat broiler to high. Thinly slice **garlic**. Remove and discard **kale stems** and **ribs**, then thinly slice **leaves**.

### 2 COOK THE KALE

Heat a drizzle of **olive oil** in a medium ovenproof pan over medium heat. Add **garlic** and cook until fragrant, about 1 minute. Add **kale** and a splash of **water**. Toss until softened, 3-4 minutes. Season with **salt** and **pepper**.

### 3 COOK THE TORTELLINI

Add **milk**, **stock concentrate**, and  $\frac{1}{4}$  **cup pesto**, and stir to combine. Add **tortellini**. Bring to a boil, then reduce to a low simmer. Cook, stirring often, until sauce thickens and tortellini are tender, 6-7 minutes. Add a splash of **water** if necessary.



### 4 MAKE THE BREADCRUMB MIXTURE

While **tortellini** cooks, combine **panko**, **Parmesan cheese**, and a drizzle of **olive oil** in a small bowl. Season with **salt** and **pepper**. (**TIP:** If you don't have an ovenproof pan, transfer tortellini to a small baking dish.) Once tender, sprinkle **breadcrumb** mixture over **tortellini**.

### 5 BROIL

Transfer pan to oven, and broil until browned and bubbling, 1-2 minutes.

### 6 SERVE

Divide **tortellini** between bowls and enjoy!

## BUON APPETITO!

A bubbly, slightly browned, and irresistibly crispy topping!

