



In your box

- 1 oz. Feta Cheese
- 2 oz. Shredded Mozzarella
- 12 fl. oz. Marinara Sauce
- 3 oz. Roasted Red Peppers
- ½ oz. Pitted Kalamata Olives
- 1 oz. Crispy Fried Onions
- 4 oz. Kale
- 1 Shallot
- .13 oz. Oregano
- 5 oz. Penne Pasta



Mediterranean Baked Penne

with olives, roasted red peppers, and feta

NUTRITION per serving—Calories: 654, Carbohydrates: 86g, Fat: 21g, Protein: 22g, Sodium: 1717mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
7 days

Difficulty Level ● ● ●
Intermediate

Spice Level ☐ ☐ ☐
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Pot, Medium Oven-Safe Casserole Dish ,
Colander, Large Non-Stick Pan, Baking Sheet

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Thoroughly rinse produce and pat dry
- Prepare a medium casserole dish with cooking spray
- Prepare a baking sheet with foil
- Ingredient(s) used more than once: **oregano**, **mozzarella**



1

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Reserve $\frac{1}{2}$ cup **pasta cooking water**. Drain pasta in a colander. Set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Peel **shallot** and cut into $\frac{1}{4}$ " dice.
- Stem **kale** and coarsely chop.
- Stem and mince **oregano**.
- Thinly slice **olives**.
- Coarsely crush **crispy onions**.



3

Cook the Pasta Mixture

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **kale**, **shallot**, and a pinch of **salt** and **pepper** to hot pan. Stir often until kale wilts, 2-3 minutes.
- Add half the **mozzarella**, half the **oregano** (reserve remaining of both for topping casserole), **pasta**, **marinara sauce**, and half the **pasta cooking water**. Stir until thoroughly combined and remove from burner.
- *If pasta is too dry, add remaining pasta cooking water 1 Tbsp. at a time until desired consistency is reached.*



4

Bake the Pasta

- Transfer **pasta mixture** to prepared casserole dish. Top with remaining **mozzarella**, remaining **oregano**, and **roasted red peppers**.
- Place casserole dish on prepared baking sheet to catch any drips. Bake in hot oven until mozzarella is melted, 5 minutes.
- Remove from oven and top with **feta**, **olives**, and **crispy onions**.
- Bake until crispy onions are deep brown, 5-7 minutes.



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!