



Marinara Kohlrabi “Linguine” with Seared BROCCOLINI® baby broccoli

Servings

4

Calories

340

Prep Time

10 minutes

Total Time

1 hour

Skill Level

Medium

Ingredients

1 (9 ounce) bags Mann™ Shaved Brussels sprouts

4 tablespoons olive oil, divided

16 cherry tomatoes, cut in halves

1 bunch Mann™ BROCCOLINI® baby broccoli (about 9 stalks)

1 cup Shiitake mushrooms

2 (10 ounce) bags Mann™ Kohlrabi “Linguine”

Salt and pepper, to taste

2 cups marinara sauce

1 tablespoon chopped parsley

2 tablespoons grated Parmesan cheese



The Method

Preheat oven to 350°F.

On a sheet pan, coat Brussels sprouts with 2 tablespoons olive oil and roast in oven for 5 minutes. Then add the cherry tomatoes and roast for an additional 5 minutes.

While Brussels sprouts are roasting, sear BROCCOLINI® baby broccoli in lightly oiled sauté pan for 3-4 minutes. Remove and set aside.

Using the same pan, add 2 tablespoons olive oil, Shiitake mushrooms, and Mann™ Kohlrabi Linguine. Sauté on medium-heat for 5-8 minutes. Season with salt and pepper. Set aside.

In a saucepan, heat marinara sauce in a pot on medium high heat.

In a large bowl or serving platter, add the cooked Shiitake mushrooms and Kohlrabi “Linguine.” Pour heated marinara sauce on top and toss together until well coated.



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To plate, add a serving of the tossed mushrooms and Kohlrabi “Linguine.” Top serving with seared BROCCOLINI® baby broccoli and roasted Brussels sprouts.

Garnish with cherry tomatoes, parsley and Parmesan cheese.

Nutrition Facts

Serving Size 522g | Servings: 4

Amount Per Serving

Calories 340 | Total Fat 18g (sat 3g Trans 0g) | Cholesterol 0mg | Sodium 580mg | Total Carbohydrate 38g | Dietary Fiber 15g | Sugars 17g (Includes 0g Added Sugars) | Protein 10g | Vitamin D 0% | Calcium 10% | Iron 15% | Potassium 25%