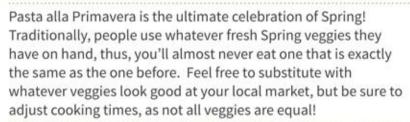


## Portobello & Orecchiette Primavera

with Spring Veggies





35 min



level 2











Orecchiette



Asparagus



Parmesan Cheese



Onion





Sour Cream







Portobello Mushrooms





Broccoti

Asparagus		1 bunch	2 bunches
Sour Cream	2)	1/4 C	√2 C
Broccoli		1 crown	2 crowns
Onion		1	2
Garlic		2 cloves	4 cloves
Parmesan Cheese	2)	1/4 C	√2 C
Parsley		1 bunch	2 bunches
Red Bell Pepper		1	2
Chili Flakes		1 t	2 t
Portobello Mushrooms		2	4
Olive Oil*		1 T	2 T
Nutrition per person Calo	ries: 622 cal	Carbs: 94 g   Fat: 18 g	Protein: 25 g Fiber: 10 g
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2 People

6 oz



\*Not Included

Allergens



Ingredients

Orecchiette

Bring a large pot of water to a boil with a large pinch of salt. Meanwhile, halve, peel, and dice the onion. Mince or grate the garlic. Finely chop the parsley. Slice the mushrooms. Trim and discard the bottom inch of the asparagus, then cut into 1-inch pieces. Cut the broccoli into bite-sized florets. Core, seed, and remove white veins from the red bell pepper, cut it into strips, then into 1/2-inch cubes.

4 People

12 oz



Fill a large bowl with ice water. Add the broccoli to the boiling water for 4-5 minutes, until bright green and crisp-tender. Remove from water with a slotted spoon and reserve in the ice bath. Add the asparagus to the boiling water for 2-3 minutes, until bright green and crisp-tender. Reserve with the broccoli. Then, add the orecchiette to the boiling water and cook for 9-10 minutes, until al dente. Drain, reserving 1/2 cup pasta water.



Mhile the pasta cooks, heat 2 teaspoons olive oil in a large pan over medium heat. Add the mushrooms and cook, tossing, 4-5 minutes, until soft and golden brown. Season with salt and pepper and set aside.



4 Heat 1 teaspoon olive oil in the same pan over medium heat. Add the onion and red bell pepper and cook, tossing, for 6-8 minutes, until soft. Add the garlic and as many chili flakes as you dare and cook for 30 seconds, until fragrant. Season with salt and pepper.



5 Add the pasta to the pan with the asparagus, broccoli, mushrooms, sour cream, Parmesan, half the parsley, and a splash of pasta water. Toss to combine. Season to taste with salt and pepper.

Serve sprinkled with remaining parsley and more chili flakes if desired. Enjoy!