



QUICK CREAMY PENNE

with Pine Nuts and Peas



HELLO

MINT AND PEAS

This sweet and sassy duo brings a double dose of green.

PREP: 5 MIN | TOTAL: 25 MIN | CALORIES: 610



Mint



Pine Nuts
(Contains: Tree Nuts)



Peas



Veggie Stock
Concentrate



Garlic



Penne Pasta
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Parmesan Cheese
(Contains: Milk)

START STRONG

Keep an eye on the pine nuts as they're toasting. If you see or smell any burning, immediately remove the pan from the heat.

BUST OUT

- Large pot
- Large pan
- Strainer
- Olive oil (1 tsp | 2 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|----------------------------|---------------------|
| • Mint | ¼ oz ¼ oz |
| • Garlic | 2 Cloves 4 Cloves |
| • Pine Nuts | 1 oz 2 oz |
| • Penne Pasta | 6 oz 12 oz |
| • Peas | 4 oz 8 oz |
| • Sour Cream | 4 TBSP 8 TBSP |
| • Veggie Stock Concentrate | 1 2 |
| • Parmesan Cheese | ¼ Cup ½ Cup |

HELLO WINE



PAIR WITH

The Boardwalk Clarksburg
California Chardonnay, 2015

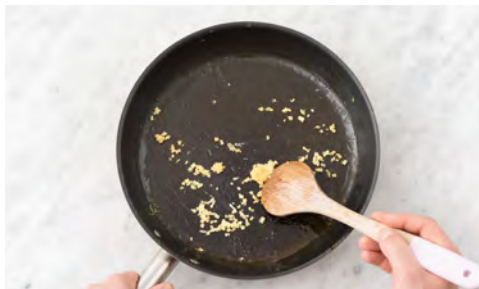
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1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Pick **mint** leaves from stems; discard stems. Roughly chop leaves. Mince or grate **garlic**.



4 COOK GARLIC

Heat a drizzle of **olive oil** in pan used for pine nuts over medium heat. Add **garlic** and cook until fragrant, about 30 seconds.



2 TOAST PINE NUTS

Heat a large, empty pan over medium-low heat. Add **pine nuts** and toast, tossing frequently, until lightly browned and fragrant, 2-3 minutes. Remove from pan and set aside.



5 TOSS PASTA

Stir **penne**, **peas**, **sour cream**, **stock concentrate**, half the **Parmesan**, and **¼ cup pasta cooking water** into pan. Gently toss over medium heat until a thick, creamy sauce forms, 3-4 minutes. (**TIP:** Add another splash or two of pasta cooking water if sauce seems dry.) Season with **salt** and **pepper**.



3 BOIL PASTA AND PEAS

Once water is boiling, add **penne** to pot. Cook, stirring occasionally, until just shy of al dente, about 7 minutes. Add **peas** to pot and continue cooking until peas are tender and penne is al dente, 2-3 minutes more. Carefully scoop out and reserve **½ cup pasta cooking water**, then drain.



6 PLATE AND SERVE

Divide **penne mixture** between plates. Sprinkle with **mint** (to taste), **pine nuts**, and remaining **Parmesan**.

PERFECT!

Parmesan, penne, and peas make this pasta pleasing.

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