



KICKIN' GOAT CHEESE PENNE

with Roasted Zucchini, Tomatoes, and Chickpeas



HELLO
PENNE WITH A KICK
 A sprinkle of chili flakes gives this pasta a feisty, fiery edge.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 970**



Zucchini



Scallions



Chickpeas



Chili Flakes



Basil



Goat Cheese
(Contains: Milk)



Roma Tomatoes



Garlic



Italian Seasoning



Penne Pasta
(Contains: Wheat)



Parmesan Cheese
(Contains: Milk)

START STRONG

Chickpeas (and other boxed or canned beans) should always be rinsed and drained well. This step ensures that they'll have the perfect crispy texture after roasting.

BUST OUT

- Large pot
- Baking sheet
- Strainer
- Olive oil (2 TBSP | 4 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|--|---------------------|
| • Zucchini | 1 2 |
| • Roma Tomatoes | 4 8 |
| • Scallions | 2 4 |
| • Garlic | 2 Cloves 4 Cloves |
| • Chickpeas | 13.4 oz 13.4 oz |
| • Italian Seasoning | 1 tsp 2 tsp |
| • Chili Flakes  | 1 tsp 1 tsp |
| • Penne Pasta | 6 oz 12 oz |
| • Basil | ½ oz ½ oz |
| • Parmesan Cheese | ¼ Cup ¼ Cup |
| • Goat Cheese | 1 oz 2 oz |

HELLO WINE



PAIR WITH
Abbiocco Umbria Rosso, 2015

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. Cut **zucchini** lengthwise into four wedges, then slice crosswise into ¼-inch-thick triangles. Quarter **tomatoes** lengthwise. Trim, then thinly slice **scallions**, keeping greens and whites separate. Thinly slice **garlic**.



4 DRAIN PASTA

Carefully scoop out and reserve ¾ **cup pasta cooking water**. Drain **penne**, then return to pot and toss with a drizzle of **olive oil**.



2 ROAST VEGGIES

Spread out **zucchini, tomatoes, garlic,** and **scallion whites** on a baking sheet. Drain and rinse **chickpeas**, then add to sheet. Sprinkle with a couple of large drizzles of **olive oil**. Season with **salt, pepper, Italian seasoning,** and **¼ tsp chili flakes** (use less to taste). Roast in oven until zucchini is tender and tomatoes wilt, about 25 minutes.



5 FINISH PASTA

Once **veggies** are done roasting, add to pot with pasta. Stir in **chopped basil,** half the **Parmesan,** and **2 TBSP butter**. Season generously with **salt** and **pepper**. Add just enough **pasta cooking water** to coat everything in a loose, creamy sauce—start with ½ cup and add more from there.



3 COOK PASTA

Once water is boiling, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Meanwhile, pick **basil leaves** from stems. Reserve a few leaves for garnish and roughly chop the rest.



6 PLATE AND SERVE

Divide **pasta mixture** between plates or bowls. Sprinkle with remaining **Parmesan**. Break up **goat cheese** into crumbles and sprinkle over top. Garnish with **scallion greens** and reserved **basil leaves**. Finish with a drizzle of **olive oil** and sprinkle with additional **chili flakes**, if desired.

TERRIFIC!

Making hearty, veggie-loaded pasta has never been so easy.

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