



PENNE PRIMAVERA

with Peas, Baby Spinach, and Creamy Ricotta



HELLO

PASTA PRIMAVERA

A garden's worth of spring veggies means tons of nutritious deliciousness in this dish.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 740**



Yellow Onion



Garlic



Penne Pasta
(Contains: Wheat)



Peas



Parmesan Cheese
(Contains: Milk)



Lemon



Mint



Baby Spinach



Ricotta Cheese
(Contains: Milk)

START STRONG

Salt your pasta cooking water generously—it should taste very well-seasoned but not overwhelmingly strong. This will give the penne just enough flavor to complement the sauce.

BUST OUT

- Large pot
- Large pan
- Zester
- Strainer
- 2 Small bowls
- Olive oil (2 TBSP | 4 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion ½ | 1
- Lemon 1 | 1
- Garlic 2 Cloves | 2 Cloves
- Mint ¼ oz | ½ oz
- Penne Pasta 6 oz | 12 oz
- Baby Spinach 5 oz | 5 oz
- Peas 4 oz | 8 oz
- Ricotta Cheese 4 oz | 8 oz
- Parmesan Cheese ¼ Cup | ½ Cup

HELLO WINE



PAIR WITH
Aperçu Pays d'Oc
Chardonnay, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Halve **onion**; peel and dice one half (use the other as you like). Zest 2 tsp zest from **lemon**, then cut into quarters. Finely mince **garlic**. Pick half the **mint leaves** from stems and finely chop (save the rest for garnish).



4 MAKE SAUCE

While onion cooks, place ⅓ **cup pasta cooking water**, **ricotta**, and half the **Parmesan** in another small bowl and stir until well combined.



2 BOIL PASTA AND MAKE MINT PESTO

Once water is boiling, add **penne** to pot. Cook, stirring occasionally, until al dente, about 10 minutes. Scoop out and reserve ½ **cup pasta cooking water**, then drain penne. Meanwhile, stir together **chopped mint**, half the **lemon zest**, **1 TBSP olive oil**, and a pinch of **salt** in a small bowl.



5 STIR PASTA

Once **veggies** are done cooking, add **drained penne** and **ricotta mixture** to pan. Gently stir until combined and warmed through. Season with **salt** and **pepper**. **TIP:** The sauce should have a loose, creamy consistency. If very stiff or thick, add more pasta cooking water. If watery, let simmer until thickened—no more than a minute or two.



3 COOK VEGGIES

Melt **1 TBSP butter** in a large pan over medium heat. Add **onion** and cook, tossing, until softened, 3-5 minutes. Add **1 TBSP olive oil**, **spinach**, and **garlic** to pan. Cook, stirring, until spinach is just wilted, about 1 minute. Stir in **peas** and **mint pesto** and cook until peas are warmed through, about 1 minute. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Divide **pasta mixture** between bowls, then squeeze a **lemon quarter** over each. Pick remaining **mint leaves** from stems and roughly chop, then sprinkle over pasta. Garnish with remaining **Parmesan** and **lemon zest**. **TIP:** Serve remaining lemon on the side and squeeze over for extra citrus flavor.

SAY CHEESE!

Try this recipe again with a different mix of fresh veggies.

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