



SOUTHWESTERN TORTELLINI SALAD

with Black Beans, Corn, and Bell Pepper



HELLO

SOUTHWESTERN TORTELLINI

Pasta goes on a road trip with zesty add-ins like corn, beans, and chili flakes.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 840

-  Red Onion
-  Green Bell Pepper
-  Garlic
-  Cheese Tortellini
(Contains: Wheat, Milk, Eggs)
-  Chili Flakes
-  Pepitas
-  Corn on the Cob
-  Lime
-  Cilantro
-  Black Beans
-  Sour Cream
(Contains: Milk)

START STRONG


To prep the corn, lay the cob flat on your cutting board and cut down the sides to remove the kernels, rotating as necessary to get them all.

BUST OUT

- Medium pot
- Small bowl
- Strainer
- Large pan
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|--|---------------------|
| • Red Onion | 1 2 |
| • Corn on the Cob | 1 Ear 2 Ears |
| • Green Bell Pepper | 1 2 |
| • Lime | 1 2 |
| • Garlic | 2 Cloves 4 Cloves |
| • Cilantro | ¼ oz ½ oz |
| • Cheese Tortellini | 9 oz 18 oz |
| • Black Beans | 1 Box 2 Boxes |
| • Chili Flakes  | 1 tsp 1 tsp |
| • Sour Cream | 4 TBSP 8 TBSP |
| • Pepitas | 1 oz 2 oz |

HELLO WINE



PAIR WITH

Little Pioneer South Eastern
Australia Chardonnay, 2016

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1 PREP

Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Halve, peel, and thinly slice **onion**. Cut **corn kernels** from cob. Core, seed, and dice **bell pepper**. Halve **lime**. Squeeze juice from one half into a small bowl. Cut other half into wedges. Finely chop **garlic** and **cilantro**.



4 COOK CORN AND AROMATICS

Toss **corn, garlic**, and a pinch of **chili flakes** (to taste) into pan. Cook until corn is tender, 2-3 minutes. Season with salt and pepper.



2 COOK TORTELLINI

Once water is boiling, add **tortellini** to pot. Cook until tender and floating to the top. 5-7 minutes. Drain, then toss with a drizzle of **olive oil** to prevent sticking.



5 TOSS TORTELLINI

Add **beans, tortellini, sour cream**, and reserved **lime juice** to pan. Cook, stirring occasionally, until a creamy sauce has formed, 1-2 minutes. Remove pan from heat and stir in half the **cilantro**.



3 COOK PEPPER AND ONION

Heat a drizzle of **olive oil** in a large pan over medium heat. Add **onion** and **bell pepper**. Cook, tossing, until softened, 4-5 minutes. Season with **salt** and **pepper**. Meanwhile, drain and rinse **beans**.



6 PLATE AND SERVE

Divide **tortellini mixture** between plates, then sprinkle with **pepitas** and remaining **cilantro**. Serve **lime wedges** on the side for squeezing over.

STUPENDOUS!

You'll love how this recipe brings an unexpected twist to cheesy tortellini.

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