



HOME CHEF

Market Vegetable Alfredo Pasta

With Roasted Asparagus, Red Bell Pepper, and Carrots



This pasta, bursting with fresh vegetables in a light Alfredo cream sauce, is the perfect mix of healthy and satisfying. Farm-fresh bell pepper, basil, carrots, radishes, sweet peas, and asparagus dance with green onions and nutty Parmesan cheese amidst twirled gemelli pasta. The result is delicious, elegant, and a great weeknight meal.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 535
Carbohydrates: 34g
Fat: 42g
Protein: 11g
Sodium: 414mg
per serving

DIETARY



LOW CALORIE



NUT-FREE



SOY-FREE

DRINK PAIRING

Pinot Grigio
Dry Riesling
Pilsner

INGREDIENTS

5 Asparagus
1 Radish
1 Carrot
3 Basil Sprigs
1 Red Bell Pepper
2 Green Onions
3 oz. Peas
6 oz. Gemelli Pasta
4 oz. Evaporated Milk,
Canned
½ oz. Shaved Parmesan

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Medium Pot
Colander
Medium Pan

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Prepare the Ingredients

Preheat oven to 400 degrees and prepare a baking sheet with foil or use a nonstick baking sheet. Bring a medium pot of **lightly salted water** to boil. Thoroughly rinse produce and pat dry. Slice **asparagus** diagonally into 1” lengths. Slice **radish** into thin rounds, then half-moons. Trim and peel and cut **carrot** into ¼” slices on the bias. Stem and slice **basil** into thin strips. Stem, core, and slice **red bell pepper** into ½” strips. Thinly slice **green onion** on an angle, separating white and green parts.



Roast the Vegetables

Arrange **asparagus**, **carrots**, and **red bell pepper** pieces on the prepared baking sheet. Drizzle with 1 Tbsp. **olive oil** and season with a pinch of **salt**. Toss to coat evenly. Place in oven and roast until crisp tender, about 9-12 minutes. Remove from oven and set aside.



Cook the Pasta

Add **gemelli pasta** to boiling water. Cook for 7-9 minutes, or until al dente (pasta should still have a hint of firmness.) Measure out and reserve ½ cup of **pasta water** for finishing sauce. Drain pasta, return to pot, and set aside.



Prepare the Sauce

Place a medium pan over medium heat. Add **white parts of green onions** and **heavy cream** to pan and cook until slightly thickened, 2-3 minutes. Season with a pinch of **salt** and **pepper**.



Assemble the Pasta

Add **roasted vegetables** and **cooked pasta** to pan with sauce and toss to coat evenly. If sauce is too thick, add 1 Tbsp. of reserved **pasta water** at a time to thin it out. Add **peas**, **radishes**, **Parmesan cheese** (reserving some for garnish), and **sliced basil** (reserving a bit for garnish). Toss to combine. Season with a pinch of **salt** and **pepper**.



Plate the Dish

Spoon **gemelli pasta** and **vegetables** into a shallow bowl. Garnish with reserved **green parts of green onions**, **Parmesan cheese**, and **sliced basil**.