



**NUTRITION** *per serving* 92g carbohydrates 31g fat 20g protein 1311mg sodium | low-calorie, vegetarian, nut-free



Calories  
**607**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**7 days**



Difficulty  
**Intermediate**



Spice Level  
**Medium**



**HOME CHEF**

## **Crispy Pan-Fried Penne Pasta** with arrabiata sauce and Caesar salad

### **IN YOUR BOX**

- 1 Romaine Heart
- 2 Garlic Cloves
- 10 oz. Cauliflower Florets
- 1 oz. Grated Parmesan Cheese
- 1 ½ oz. Mayonnaise
- 1 tsp. White Wine Vinegar
- 6 oz. Penne Pasta
- ½ tsp. Red Pepper Flakes
- 1 tsp. Italian Seasoning Blend
- 2 tsp. Tomato Paste
- 14 oz. Crushed Tomatoes

### **IN YOUR KITCHEN**

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Colander
- Medium Pot
- Mixing Bowl
- Large Oven-Safe Nonstick Pan

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## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Place a colander in the sink
- Bring a medium pot of lightly salted water to a boil
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- **Heads up!** The Parmesan is used in three places in the recipe—on the cauliflower, in the Caesar dressing, and as a garnish.
- **Heads up!** Half the garlic is used in the Caesar dressing and the rest is used to make the sauce.
- The key to achieving crispy pasta is to remove as much moisture as possible. Drain thoroughly in the colander!

## FROM THE CHEF

If you'd like a less creamy Caesar dressing, add 1-2 Tbsp. water.

### Did you know...

*Arrabiata sauce, which is a traditional marinara with the addition of red pepper flakes, means "angry" in Italian. For a sauce that's merely "peevy," use less of the pepper flakes.*



## Prepare the Ingredients

Cut end off **romaine**, halve lengthwise, then coarsely chop. Mince **garlic**. Cut **cauliflower florets** into even, bite-sized pieces no larger than 1".



## Roast Cauliflower and Make Caesar Dressing

Place **cauliflower florets** on prepared baking sheet. Drizzle with 2 tsp. **olive oil** and season with a pinch of **salt and pepper**. Roast 12 minutes or until almost tender. Remove from oven, sprinkle with half the **Parmesan**, and roast 7 more minutes, or until cheese browns lightly. In a large mixing bowl, whisk **mayonnaise**, **vinegar**, half the **garlic**, and remaining **Parmesan** (reserving a pinch for garnish). Season to taste with **salt and pepper** and set aside.



## Cook the Pasta

Add **penne pasta** to boiling water and cook 9 minutes until al dente. Before draining, reserve ½ cup **pasta cooking water** for sauce. Drain pasta in colander, being sure to drain as thoroughly as possible. While in colander, drizzle and toss **pasta** with 2 tsp. **olive oil** to keep from sticking. Return pot to stove (no need to wipe clean.)



## Make the Arrabiata Sauce

In pot used to cook pasta, heat 1 tsp. **olive oil** over medium-high heat. Add remaining **garlic** and **red pepper flakes** (a little goes a long way with red pepper flakes, so use less if you prefer a milder sauce) and cook 20 seconds until fragrant. Add **Italian seasoning** and **tomato paste** and cook 1 more minute. Add **crushed tomatoes** and **reserved pasta water**, bring to a simmer, and cook 5-8 minutes until thickened slightly. Set aside and keep warm.



## Pan Fry the Pasta

Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat until oil is hot and shimmering. Working in batches, add a single layer of **pasta** to pan. Allow to cook undisturbed for 3-4 minutes. *Not moving pasta around allows it to brown and develop a highly desirable crispness.* After underside has browned, stir gently and cook 3 more minutes, stirring occasionally. *Don't worry if pasta only browns on one side: two different textures are ideal.* Keep finished batches warm on baking sheet in oven.



## Plate the Dish

Place a pool of **arrabiata sauce** on bottom of plate. Top with **pan-fried penne** and **roasted cauliflower**. Top with one more spoonful of **sauce** and remaining **Parmesan**. Toss **romaine lettuce** with **Caesar dressing** and serve salad on the side.