



NUTRITION *per serving* 117g carbohydrates 19g fat 22g protein 804mg sodium | vegetarian, soy-free, nut-free



Calories
692



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

6 oz. Green Beans
1 Red Bell Pepper
2 Garlic Cloves
8 oz. Carrots
1 Mini Baguette
8 oz. Farfalle Pasta
2 tsp. Vegetable Base
8 oz. Marinara Sauce
1 oz. Grated Parmesan Cheese

IN YOUR KITCHEN

Olive Oil
Baking Sheet
Medium Pan
Small Bowl

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HOME CHEF

One Pan Charred Vegetable Farfalle

with Parmesan-garlic bread

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 **375 degrees**
- Prepare a baking sheet with foil
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Heads Up!** Garlic is used twice in this recipe. Half adds flavor to the **vegetables** and the other half tops the **garlic bread**.
- **Heads Up!** Parmesan is used three times in this recipe. Half goes into the **sauce**, half tops the **garlic bread**, and a pinch garnishes the **pasta**.

FROM THE CHEF

The key to getting a good char on your vegetables is to make sure your pan and oil are hot, and to leave them undisturbed for the first 1-2 minutes of cooking.

Did you know...

Also known as bowtie pasta, “farfalle” is the Italian word for butterflies.



Prepare the Ingredients

Trim ends off **green beans** and cut into 2” pieces. Stem, seed, and cut **red bell pepper** into 1” dice. Mince **garlic**. Peel, trim, and cut **carrots** into ¼” diagonal slices. Halve **baguette**.



Char the Vegetables

Heat a medium pan over high heat. Add 2 tsp. **olive oil**, **green beans**, **red peppers**, and **carrots** to hot pan and cook 1-2 minutes, without stirring, or until vegetables are charred on one side. Add half the **garlic** and cook 30 seconds. Transfer **vegetables** to a plate and return pan to high heat (no need to wipe clean).



Cook the Pasta

Add **pasta**, **vegetable base**, 3 cups **water**, and **marinara** to pan. Stir to combine and bring to a boil. Once boiling, reduce to a simmer and cook uncovered, stirring occasionally, until pasta is al dente and water is absorbed, 11-14 minutes. *Sauce should cling to pasta.* Add **charred vegetables**, half the **Parmesan**, and 1 Tbsp. **olive oil** to pan and cook 1 minute.



Make the Garlic Bread

While pasta cooks, combine 1 Tbsp. **olive oil**, remaining **garlic**, and remaining **Parmesan** (reserve a pinch for garnish) in a small bowl. Spread mixture on cut sides of **baguette**, place on prepared baking sheet, and bake until golden brown, 6-9 minutes.



Plate the Dish

Place **pasta** on a plate and garnish with remaining **Parmesan cheese**. Slice **garlic bread** diagonally and serve on the side.