



NUTRITION *per serving* 85g carbohydrates 23g fat 35g protein 675mg sodium | vegetarian, soy-free, nut-free



Calories
671



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 4 oz. Grape Tomatoes
- 5 oz. Asparagus
- 1 Zucchini
- 5 oz. Canned Artichokes
- ¾ oz. Seasoned Croutons
- 7 oz. Cavatappi Pasta
- 12 fl. oz. Canned Evaporated Whole Milk
- 1 ½ oz. Grated Parmesan Cheese
- .6 oz. Butter
- 2 oz. Goat Cheese Crumbles

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Colander
- Large Pan

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HOME CHEF

Goat Cheese Cavatappi Primavera

with asparagus, artichokes, and zucchini

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Bring a **medium** pot of **water** to a boil
- Thoroughly rinse produce and pat dry
- Place a colander in the sink

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Breadcrumbs** are used twice. A pinch garnishes the dish and remaining help thicken **pasta sauce**.

FROM THE CHEF

If sauce seems too plentiful or thin in pan, don't worry! Starches from pasta, plus added cheese and breadcrumbs, will help enrich it. It will continue to thicken as it cools.

Did you know...

Pasta primavera is made with a combination of fresh vegetables and a light, creamy Parmesan sauce. It was invented in 1975 by legendary New York maitre d and restaurateur Sirio Maccioni of Le Cirque.



1

Prepare the Ingredients

Halve **grape tomatoes**. Trim woody ends off **asparagus** and cut into 1" lengths on an angle. Trim **zucchini** ends, halve lengthwise, and cut into ½" half-moons. Drain **artichokes**. Keep **croutons** in shipping bag and break into coarse breadcrumbs.



2

Sear the Vegetables

Heat 2 tsp. **olive oil** in a large pan over medium-high heat. Add **asparagus** and **zucchini** pieces to hot pan and cook, stirring occasionally, 4-5 minutes, or until slightly charred and just tender. Add **grape tomatoes** and **artichokes** and cook 2 more minutes. Transfer to a plate or bowl and wipe pan clean.



3

Cook the Pasta

Add **cavatappi** to boiling water and cook 11-12 minutes, or until al dente. Drain in colander, return to pot, and toss with 2 tsp. **olive oil**. Set aside.



4

Make the Sauce

Return large pan to medium heat. Add **evaporated milk** to hot pan and bring to a simmer. Cook 4-5 minutes, stirring often, or until slightly thickened. Stir in **Parmesan cheese** and **breadcrumbs** (reserve a pinch for garnish). Cook 2-3 more minutes, or until sauce is thick enough to coat back of a spoon. Remove pan from burner and swirl in **butter**. Season with ¼ tsp. **salt** and a pinch of **pepper**. *Both breadcrumbs and Parmesan will help thicken sauce.*



5

Toss the Pasta

Add cooked **cavatappi** and **vegetables** to pan with **sauce**. Toss to coat, taste, and season with ½ tsp. **salt** and ¼ tsp. **pepper**. *Sauce will continue to thicken as it cools.*



6

Plate the Dish

Place a serving of **pasta** in a dish and top with reserved **breadcrumbs**. Garnish with **goat cheese crumbles**.