



NUTRITION *per serving* 71g carbohydrates 24g fat 24g protein 349mg sodium | low-calorie, vegetarian, soy-free



Calories
557



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

2 Garlic Cloves
8 oz. Asparagus
1 Shallot
1 Roma Tomato
5 oz. Stringless Sugar Snap Peas
3 oz. Frozen Whole Strawberries
8 oz. Whole Wheat Spaghetti
1 ½ oz. Walnut Halves
2 oz. Champagne Vinegar
1 Tbsp. Honey
2 oz. Bleu Cheese

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Colander
Medium Pot
Baking Sheet
Small Pan
Mixing Bowl

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HOME CHEF

Spring Noodle Salad

with roasted vegetables and strawberry vinaigrette

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Place a colander in the sink
- Thoroughly rinse produce and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Bring a **medium** pot of **lightly salted water** to a boil

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!** **Garlic** and **shallots** are used twice in this recipe. Half the garlic and julienned shallots are roasted with **vegetables**; remaining garlic and finely diced shallots are in **vinaigrette**.
- **Shallots** bring slightly assertive onion-garlic flavor when used raw. Use to taste when making **strawberry vinaigrette**.

FROM THE CHEF

Stir spaghetti constantly for first 30 seconds after adding to boiling water. This will prevent noodles from sticking together.

Did you know...

Made with whole wheat flour, this spaghetti is an excellent source of fiber.



1 Prepare Ingredients and Roast Vegetables

Mince **garlic**. Trim woody ends off **asparagus** and cut into 1" lengths at an angle. Peel and halve **shallot**. Slice half the shallot into thin strips (julienne) and finely dice other half. Place **asparagus**, half the **garlic**, and julienned **shallots** on prepared baking sheet. Toss with 2 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Roast 10-12 minutes, or until asparagus is tender. Remove from oven and cool at least 5 minutes. Core **Roma tomato** and cut into ½" dice. Lay **sugar snap peas** on cutting board and halve lengthwise, exposing peas inside. Rinse **strawberries** under warm water if still frozen. Mince strawberries.



4 Make the Vinaigrette

In a large mixing bowl, combine **strawberries**, **Champagne vinegar**, remaining **garlic**, finely diced **shallots**, **honey**, 1 ½ Tbsp. **olive oil**, and a pinch of **salt and pepper**. Mix together thoroughly.



2 Cook the Pasta

Once water is boiling, add 1 tsp. **salt** and **spaghetti** to pot and cook 8-10 minutes, or until al dente. Drain in colander and return to pot. Toss with 2 tsp. **olive oil** to prevent spaghetti from sticking together.



5 Toss the Salad

In bowl containing vinaigrette, add cooked **pasta**, **sugar snap peas**, **Roma tomatoes**, and **roasted vegetables**. Toss to combine.



3 Toast the Walnuts

While spaghetti is cooking, heat a small pan over medium heat. Add **walnuts** to dry, hot pan and toast, stirring regularly, 5 minutes, or until lightly browned and "nutty" smelling. *Be careful, walnuts can burn easily.*



6 Plate the Dish

Place **salad** on a plate and garnish with **bleu cheese crumbles** and **toasted walnuts**.