



#### IN YOUR BOX

- 1 oz. Cream Cheese
- 2 Garlic Cloves
- 6 oz. Artichoke Hearts
- 1 oz. Cheese and Garlic Croutons
- 6 oz. Cavatappi Pasta
- ¼ tsp. Red Pepper Flakes
- 4 oz. Baby Spinach
- 4 fl. oz. Light Cream
- 1 oz. Grated Parmesan Cheese

**CONTAINS:** milk, eggs, wheat  
*Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

**NUTRITION** per serving 93g carbohydrates 28g fat 24g protein 1225mg sodium | vegetarian



Calories  
**698**



Prep & Cook Time  
**40-50 min.**



Cook Within  
**7 days**



Difficulty  
**Easy**



Spice Level  
**Mild**

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Medium Pot
- Medium Oven-Safe Casserole Dish
- Colander
- Medium Non-Stick Pan



2 SERVINGS SHOWN

## Creamy Spinach and Artichoke Pasta

with Parmesan and cavatappi

[www.homechef.com/3718](http://www.homechef.com/3718)

## 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**
- ❑ Set **cream cheese** on counter to soften
- ❑ Bring a medium pot of **lightly salted water** to a boil
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a casserole dish with cooking spray

## WHILE YOU COOK

- ❑ **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.
- ❑ **Heads Up!** **Parmesan** is used twice. Half is added to **sauce** and remaining is sprinkled over **pasta** before baking.

## FROM THE CHEF

When making sauce, remove from burner before adding cream cheese to avoid separation. If cream cheese does not fully incorporate, return pan to medium heat for 30 seconds, stirring constantly, until dissolved.

### Did you know...

*The beginnings of spinach and artichoke dip is a mystery, but one theory floating around places its origins with returning World War II soldiers. The soldiers wanted those classic European flavors they had gotten used to: artichoke, spinach, garlic, olive oil, lemon, and crusty bread.*



### Prepare the Ingredients

Mince **garlic**. Rinse **artichokes**. Keep **croutons** in bag and crush into coarse crumbs.



### Cook the Pasta

Add **pasta** to boiling water and cook until al dente, 11-13 minutes. Reserve  $\frac{1}{2}$  cup **pasta water**. Drain in a colander and set aside. Reserve pot; no need to wipe clean. While pasta cooks, cook spinach.



### Cook the Spinach

Line a plate with a paper towel. Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **garlic** and **red pepper flakes** (to taste) to hot pan and cook until fragrant, 30 seconds. Add **spinach** and stir often until just wilted, 1-2 minutes. Transfer to towel-lined plate and let sit 1-2 minutes to remove excess moisture.



### Make the Sauce

Return pot used to cook pasta to medium heat. Add **cream** and **pasta water** and bring to a simmer. Stir often until reduced by half, 2-3 minutes. Remove pot from burner and stir in **cream cheese** and half the **Parmesan** (reserve remaining for topping pasta) until combined. Season with  $\frac{1}{2}$  tsp. **salt** and  $\frac{1}{4}$  tsp. **pepper**. Stir in cooked **pasta**, **spinach**, and **artichokes** until coated evenly in sauce.



### Bake the Pasta

Transfer **pasta mixture** to prepared casserole dish and spread into an even layer. Top with remaining **Parmesan** and **crouton crumbs**. Bake until top is lightly browned, 8-10 minutes. Rest 5 minutes before serving.



### Finish the Dish

Serve **pasta** family style straight from casserole dish.