



**NUTRITION** *per serving* 83g carbohydrates 14g fat 15g protein 1750mg sodium | CONTAINS gluten | vegetarian



Calories  
**529**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**7 days**



Difficulty  
**Intermediate**



Spice Level  
**Mild**



## Crispy Artichoke Spaghetti

with tomato sauce

### IN YOUR BOX

5 oz. Spaghetti  
2 Garlic Cloves  
¼ oz. Parsley  
.125 oz. Oregano  
2 fl. oz. White Cooking Wine  
8 fl. oz. Tomato Sauce  
6 fl. oz. Canola Oil  
½ cup Tempura Mix  
6 oz. Artichoke Hearts  
¼ tsp. Red Pepper Flakes

### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Medium Pot  
Colander  
Medium Non-Stick Pan  
Mixing Bowl

[www.homechef.com/3939](http://www.homechef.com/3939)

## 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 **lightly salted water** to a boil
- ❑ Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- ❑ **Heads Up!** Parsley is used twice. Half is added to **sauce** and remaining garnishes dish.
- ❑ **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.

## FROM THE CHEF

The thinner the batter, the better: A thin batter will ensure artichokes will be crisp and not greasy.

### Did you know...

Drinking... artichokes? It happens. Artichoke tea is available for drinking in places as far flung as Vietnam, Romania, and Mexico. And the Campari Group produces a liqueur called Cynar, in which artichoke is the primary flavor. Bottoms up!



## Cook the Pasta

Add **pasta** to boiling water. Cook until al dente, 8-10 minutes. Scoop out and reserve  $\frac{1}{2}$  cup **pasta water**. Drain pasta in a colander and set aside. Reserve pot; no need to wipe clean. While pasta cooks, prepare ingredients.



## Prepare the Ingredients

Mince **garlic**. Stem and mince **parsley** and **oregano**.



## Make the Sauce

Return pot used to cook pasta to medium heat. Add 2 tsp. **olive oil** and **garlic** to hot pot. Cook until aromatic, 30-60 seconds. Add **white wine** and cook 1 minute. Stir in **tomato sauce**, **pasta**, half the **parsley** (reserve remaining for garnish), **oregano**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper**. Remove from burner, cover, and set aside.



## Make the Batter

Place **canola oil** in a medium non-stick pan over medium heat. In a medium mixing bowl, combine **tempura mix** and  $\frac{1}{3}$  cup **cold water**, adding cold water 1 Tbsp. at a time until batter is very thin, barely thicker than water. Add a pinch of **salt**.



## Cook the Artichokes

Line a plate with a paper towel. Test oil temperature by adding a couple drips of **batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat. Dip **artichokes** in batter, letting batter mostly run off. Carefully, add artichokes to hot oil. Cook until golden brown, 2-4 minutes on each side. Remove to towel-lined plate and season with a pinch of **salt**. *Artichokes will be very hot; be careful biting into them.*



## Plate the Dish

*If pasta sauce needs to be loosened, add 1 Tbsp. reserved pasta water. If it needs to be reheated, place over medium heat and stir occasionally, 1-2 minutes.* Place **pasta** in a bowl and top with **artichokes**, remaining **parsley**, and **red pepper flakes** (to taste).