



NUTRITION *per serving* 85g carbohydrates 33g fat 23g protein 912mg sodium | CONTAINS gluten, nuts | vegetarian



Calories
694



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Medium



Caramelized Broccoli and Peanut Stir Fry

with noodles and Fresno chile

IN YOUR BOX

- 5 oz. Fettuccine Pasta
- 1 Lime
- 10 oz. Broccoli Florets
- 2 Green Onions
- 1 Red Fresno Chile
- 1 oz. Honey Roasted Peanuts
- 1 ½ oz. Creamy Peanut Butter
- ½ fl. oz. Sweet Chili Sauce
- ¼ fl. oz. Soy Sauce
- 1 Tbsp. Chopped Ginger

IN YOUR KITCHEN

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

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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

- ❑ **Spice Alert!** **Fresno chile** adds heat comparable to fresh jalapeño. Use to taste or omit to suit your spice preference. Be sure to wash hands and cutting board after prepping.
- ❑ **Heads Up!** **Pasta water** is used twice. Some is used to thicken **sauce**, and ½ cup is added to **stir-fry**.

FROM THE CHEF

If water evaporates before broccoli is tender, add ¼ cup reserved pasta water to pan and keep cooking.

Did you know...

Dr. George Washington Carver may be known in history as “The Peanut Man,” but he did not invent peanut butter. Peanut paste, a forerunner of peanut butter, may have been used by the Aztecs to alleviate toothaches. The leap from peanut paste to butter was probably made by Dr. John Harvey Kellogg (the cereal man himself) in the early 20th century. His patented peanut butter was made from raw peanuts and marketed for people who couldn’t chew their food.



Cook the Pasta

Add **pasta** to boiling water and cook until al dente, 7–9 minutes. Ladle out and reserve 1 cup **pasta water**. Drain in a colander and rinse pasta under cold water to stop the cooking process. Set aside. While pasta cooks, prepare ingredients.



Prepare the Ingredients

Cut **broccoli florets** into large bite-sized pieces, if necessary. Halve **lime**. Juice one half and cut other half into quarters. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Slice **Fresno chile** into thin rounds. *Discard seeds if you prefer less spice.* Coarsely chop **peanuts**.



Make the Sauce

In a small mixing bowl, stir together **peanut butter**, **sweet chili sauce**, 2 Tbsp. **lime juice**, and **soy sauce** until smooth. Add reserved **pasta water** 1 Tbsp. at a time until sauce is thick, creamy, and falls off spoon in ribbons. *Reserve ½ cup pasta water for stir-fry.* Set sauce aside.



Caramelize the Broccoli

Heat a large non-stick pan over medium-high heat and add 2 Tbsp. **olive oil**. Add **broccoli florets** to hot pan and cook, stirring often, until caramelized, 2–4 minutes.



Cook the Stir-Fry

Add **white portions of green onions**, **Fresno chile** (to taste), and **ginger** to pan. Cook, stirring constantly, until fragrant, 1 minute. Add **pasta**, reserved ½ cup **pasta water**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Cook, stirring often, until **broccoli** is tender, 2–4 minutes. Remove from burner and toss in **green portions of green onions**.



Plate the Dish

Place **stir-fry** on a plate. Spoon **sauce** over pasta. Garnish with **peanuts** and serve with **lime wedges** on the side.