



In your box

- 5 oz. Spaghetti
- 4 oz. Goat Cheese
- ¼ cup Panko Breadcrumbs
- 8 fl. oz. Marinara Sauce
- .125 oz. Oregano
- 1 Red Bell Pepper
- 1 Red Onion
- ¼ tsp. Red Pepper Flakes



Pasta Arrabiata with Fried Goat Cheese

with red pepper marinara sauce

NUTRITION per serving—Calories: 779, Carbohydrates: 86g, Fat: 39g, Protein: 20g, Sodium: 1119mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
7 days

Difficulty Level ● ● ●
Expert

Spice Level ● ● ● ● ●
Mild

You will need

Olive Oil, Salt

Colander, Medium Pot, Mixing Bowl, Small Non-Stick Pan, Large Non-Stick Pan

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Thoroughly rinse produce and pat dry
- Refrigerate **goat cheese** until ready to use
- Ingredient(s) used more than once: **oregano**



1

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 8-10 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander. Set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Stem and mince **oregano**.
- Halve and peel **onion**. Cut halves into ¼" dice.
- Stem, seed, remove ribs, and cut **red bell pepper** into ¼" dice.



3

Make the Medallions

- In a mixing bowl, combine half the **oregano** (reserve remaining for garnish) and **panko**.
- Remove **goat cheese medallions** from refrigerator. Brush or spoon ½ tsp. **olive oil** on each side of medallions, letting excess oil drip off. Then place medallions in panko mixture and gently press cheese into panko, completely coating.
- Place a small non-stick pan with 2 Tbsp. olive oil over medium heat. Add goat cheese medallions to hot pan. Cook undisturbed until browned, 30 seconds per side.
- Remove goat cheese to a plate and set aside.



4

Make the Sauce

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **onion**, **red bell pepper**, and ¼ tsp. **salt** to hot pan. Stir occasionally until vegetables are tender, 6-8 minutes.
- Stir in **marinara sauce**, **pasta cooking water**, and **red pepper flakes** (to taste) until combined.
- Remove from burner.



5

Finish the Dish

- Stir **pasta** into sauce.
- Plate dish as pictured on front of card, garnishing with **goat cheese medallions** and remaining **oregano**. Bon appétit!