



In your box

- 1 Tbsp. Meatloaf Seasoning
- 2 oz. Julienned Sun-Dried Tomatoes
- 2 oz. Grated Parmesan
- 3 oz. Artichoke Hearts
- 1 oz. Crispy Fried Onions
- 2 oz. Baby Spinach
- 1 Shallot
- 4 oz. Greek Yogurt
- 6 oz. Penne Pasta



Yogurt Penne Alfredo

with artichokes and crispy onions

NUTRITION per serving—Calories: 658, Carbohydrates: 84g, Fat: 22g, Protein: 29g, Sodium: 1511mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
20-30 min.

Cook Within
7 days

Difficulty Level ● ● □
Intermediate

Spice Level □ □ □
Not Spicy

① You will need

Olive Oil, Salt

Medium Pot, Colander, 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
- Ingredient(s) used more than once: **Parmesan, pasta cooking water**



1

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Reserve 1 cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Peel and mince **shallot**.
- Drain **artichokes** and coarsely chop.
- Crush **crispy onions**.



3

Start the Sauce

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **shallot** and stir occasionally until tender, 2-3 minutes.
- Stir in $\frac{3}{4}$ cup reserved **pasta cooking water** (reserve remaining for finishing sauce), **artichokes, sun-dried tomatoes, pasta, seasoning blend**, and $\frac{1}{4}$ tsp. **salt**. Stir occasionally until sauce is thickened, 1-2 minutes.
- Remove from burner.



4

Finish the Sauce

- Add **spinach, yogurt**, and half the **Parmesan** (reserve remaining for garnish) to pan. Stir until thoroughly combined.
- *If sauce is too thick, add remaining pasta cooking water 1 Tbsp. at a time until desired consistency is reached.*



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with **crispy onions** and reserved **Parmesan**. Bon appétit!