

Portobello and Orecchiette Primavera

with Roasted Red Bell Pepper and Asparagus

This pasta primavera is filled to the brim with fresh veggies! Asparagus is one of our favourite spring vegetables, and we're so excited the season has started in Canada. Enjoy them while you can - the season doesn't last long!





Veggie







Asparagus



Red Bell Pepper



Parsley



Baby Portobello



Onion



Garlie



Chili Flakes



Parmesan Cheese



Sour Cream

Ingredients		2 People	*Not Included	
Orecchiette	1)	1 pkg (170 g)	Allergens % ⁴ —	
Asparagus		1 pkg (113 g)		
Red Bell Pepper		1	1) Wheat/Blé	
Portobello Mushroom		1		
Onion, chopped		1 pkg (56 g)	2) MIK/Lait :=	
Garlic		1 pkg (10 g)	_in_ He	
Parsley		1 pkg (10 g)	₩ 0	
Chili Flakes 🌙		1 pkg (½ tsp)		
Parmesan Cheese, shredded	2)	1 pkg (½ cup)	Tools	
Sour Cream	2)	1 pkg (3 tbsp)	Large Pot, Baking Sheets,	
Olive or Canola Oil*			Strainer, Measuring Cups, Large	
			Pan	

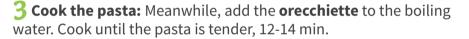
Nutrition per person Calories: 563 cal | Fat: 17 g | Protein: 27 g | Carbs: 79 g | Fibre: 6 g | Sodium: 423 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

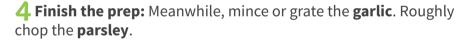


1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Trim and discard the bottom inch of the **asparagus**, then cut into 1-inch pieces. Core, then cut the **bell pepper** into ½ inch pieces. Thinly slice the **portobello mushroom.**



2 Roast the veggies: Toss the asparagus and bell pepper on a baking sheets with a drizzle of oil. Season with salt and pepper. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 18-20 min.







- **5 Cook the mushrooms:** Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until softened, 4-5 min. Add the **mushrooms**, **garlic** and as much **chili flakes** as you like. Cook, stirring occasionally, until golden-brown, 7-8 min.
- 6 Finish the pasta: Reserve ½ cup pasta water from the orecchiette, then drain. Add the roasted veggies, sour cream, Parmesan, pasta and reserved pasta water to the pan. Stir until heated through, 2-3 min. Season with salt and pepper.
- **7 Finish and serve:** Divide the **pasta** between bowls and sprinkle with the **parsley**. Enjoy!