



PASTA PRIMAVERA

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 570/SERVING



This pasta dish is absolutely loaded with vegetables. Sautéed seasonal veggies are paired with al dente noodles. Together they're tossed in a bright, creamy, slightly cheesy, lemon sauce.

WHAT YOU'LL NEED

- Large pan
- Large pot

- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Shallot	1	2
Garlic	3 cloves	6 cloves
Mushrooms	6 oz	12 oz
Zucchini	1	2
Broccoli	1/2 head	1 head
Bell pepper	1	2
Lemon	1	1
Pasta	200 g	400 g
Sauce base	1/4 cup	1/2 cup

Items and quantities listed and pictured may vary slightly depending on availability and season. Questions? Email us at info@crisperkits.ca!



Bring a large pot of water to a boil and prep your ingredients: mince the **garlic**, thinly slice the **shallot**, **mushrooms**, **zucchini**, and **yellow pepper**, cut the **broccoli** into bite-sized pieces, and halve the **lemon**.



While you're waiting for the water to boil, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **shallot** and **garlic** and sauté for a few minutes. Add the **mushrooms** and continue cooking until the **shallot** is translucent and the **mushrooms** are tender. Season with **salt** and **pepper**.



Cook the **pasta** for 9-12 minutes or until al dente then drain, reserving 1/3 of a cup of **pasta water** (2/3 cup for 4 servings). While the pasta cooks, add the **rest of the vegetables** to the pan and sauté for 5-10 minutes until tender. Add in the **juice of half the lemon** and the **sauce base** along with the **cooked pasta**. Toss to combine, gradually adding the **reserved pasta water** until silky and well coated.



Serve the **pasta** with **salt** and **pepper** and squeeze the **remaining lemon** on top to taste.

Nutrition Facts		Valeur nutritive	
Per Serving (479 g)			
pour 1 (479 g)			
Calories 570		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 10 g			13 %
Saturated / saturés 1.5 g			8 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 101 g			39 %
Fibre / Fibres 11 g			13 %
Sugars / Sucres 13 g			
Protein / Protéines 23 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 75 mg			3 %
Potassium 1150 mg			24 %
Calcium 175 mg			13 %
Iron / Fer 4.5 mg			25 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			