

# Roasted Broccoli & Fregola Sarda Salad

*with Hard-Boiled Eggs & Tahini Dressing*

In this Middle Eastern-inspired recipe, we're putting an exciting, gourmet spin on warm pasta salad. Our pasta of choice is fregola sarda (a round, toasted variety from Sardinia). We're tossing it with sliced almonds, crumbled pecorino cheese and za'atar-spiced broccoli, roasted for a satisfyingly crispy bite. But what really brings these elements together is the dressing. Tahini, a paste made from sesame seeds, completes the dish with its creamy texture and irresistibly nutty flavor.



## Ingredients

- 2 Farm Eggs
- ½ Cup Fregola Sarda Pasta
- 1 Pound Broccoli
- 1 Clove Garlic
- 1 Lemon
- 1 Red Onion
- 1 Bunch Mint

## Knick Knacks

- 2 Ounces Pecorino Cheese
- 2 Tablespoons Tahini
- 2 Teaspoons Za'atar
- ¼ Cup Sliced Almonds

Makes 2 Servings

About 600 Calories Per Serving

Prep Time: 10 min | Cook Time: 30 to 40 min





1



## Cook the pasta:

Heat a large pot of salted water to boiling on high. Once boiling, add the **pasta** and cook 14 to 17 minutes, or until tender. Drain thoroughly and return to the pot. Off the heat, stir in a drizzle of olive oil and season with salt and pepper to taste.

2



## Prepare the ingredients:

While the pasta cooks, preheat the oven to 450°F. Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Cut the broccoli into bite-sized florets. Peel, halve and thinly slice the onion. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Quarter and deseed the lemon. Using a paring knife or fork, break the cheese into small pieces. Pick the mint leaves off the stems; discard the stems.

3



## Roast the broccoli & onion:

While the pasta continues to cook, place the **broccoli** and **onion** on a sheet pan. Drizzle with olive oil and season with salt, pepper and the **za'atar**; toss to thoroughly coat. Arrange in a single, even layer and roast 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

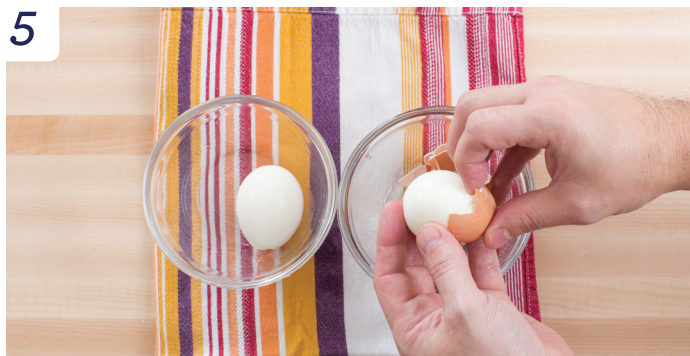
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## Make the dressing:

While the broccoli and onion roast, in a bowl, combine the **garlic paste**, **tahini**, the **juice of 2 lemon wedges** and **2 tablespoons of water**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined.

5



## Cook & peel the eggs:

While the broccoli and onion continue to roast, add the **eggs** to the small pot of boiling water and cook for exactly 9 minutes. Drain and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. When cool enough to handle, carefully peel the cooked eggs; transfer to a cutting board and thinly slice into rounds.

6



## Finish & plate your dish:

To the pot of **cooked pasta**, add the **roasted broccoli and onion**, **almonds**, **cheese**, **dressing** and the **juice of the remaining lemon wedges**. Stir to thoroughly combine and season with salt and pepper to taste. Divide the finished salad between 2 dishes. Top with the **sliced eggs**; season the eggs with salt and pepper. Garnish with the **mint**. Enjoy!