

Summer Bean & Mushroom Pasta

with Crispy Shallot Rings

In this gourmet, seasonal take on a comfort-food standard, we're making a delicious sauce full of earthy flavor. For the base, we're sautéing three kinds of mushrooms, along with two varieties of summer beans (green beans and yellow wax beans) and an authentic blend of Italian spices. And as a garnish, we're making crispy shallot rings. Coated in flour and lightly fried, the shallot rings add unique texture to this amazingly satisfying dinner.



Ingredients

- 5 Ounces Egg Noodles
- 6 Ounces Green & Yellow Wax Beans
- 3 Ounces Cremini Mushrooms
- 2 Ounces Shiitake Mushrooms
- 2 Ounces Maitake Mushrooms
- 1 Bunch Parsley

Knick Knacks

- 3 Tablespoons All-Purpose Flour
- 2 Tablespoons Butter
- 1 Shallot
- ¼ Cup Grated Parmesan Cheese
- 2 Teaspoons Summer Pasta Spice Blend
(Italian Seasoning, Garlic Powder, Ground Yellow Mustard Seeds & Ground Cayenne Pepper)

Makes 2 Servings

About 635 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel the shallot and thinly slice into rings; separate the rings and place in a bowl of cold water. Cut off and discard the shiitake stems; thinly slice the caps. Thinly slice the creminis. Cut the maitakes into bite-sized pieces. Trim off and discard the stem ends of the green and yellow wax beans; halve the beans. Pick the parsley leaves off the stems; discard the stems.

2



Make the crispy shallot rings:

Drain the **shallot rings**. In a small bowl, combine the **drained shallot rings** and **flour**; toss to thoroughly coat. In a large pan, heat a thin layer of oil on medium until hot. Tapping off any excess flour, add the coated shallot rings to the pan in a single layer. Cook, occasionally stirring and tilting the pan to submerge the shallot rings in oil, 1 to 2 minutes, or until golden brown and crispy. Transfer to a paper towel-lined plate and immediately season with salt. Carefully discard the oil and wipe out the pan.

3



Brown the mushrooms:

In the pan used to cook the shallot rings, heat 2 teaspoons of olive oil on medium-high until hot. Add the **shiitakes**, **creminis** and **maitakes**. Cook, stirring occasionally, 3 to 5 minutes, or until lightly browned. Season with salt and pepper.

4



Cook the pasta:

While the mushrooms brown, add the **egg noodles** to the pot of boiling water. Cook 6 to 8 minutes, or until al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, drain thoroughly.

5



Add the beans:

While the pasta cooks, to the pan of mushrooms, add the **green and yellow wax beans** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or the beans are lightly browned and the spices are toasted and fragrant. Add **½ cup of water** and cook, stirring occasionally and scraping up any browned bits from the bottom of the pan, 4 to 6 minutes, or until the beans are slightly tender and the liquid has evaporated.

6



Finish & plate your dish:

Stir the **cooked egg noodles**, **butter**, **Parmesan cheese** and **¼ cup of the reserved pasta cooking water** into the pan of mushrooms and beans. Cook on medium, stirring frequently to coat the pasta, 2 to 3 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Season with salt and pepper to taste; remove from heat. Divide the **finished pasta** between 2 dishes. Garnish with the **crispy shallot rings** and **parsley**. Enjoy!