

Spicy Fregola Sarda

with Soft-Boiled Eggs, Fennel & Kale

In this Italian-inspired recipe, we're serving up fregola sarda (a small, toasted pasta) in a spicy tomato sauce made with fall vegetables and aromatics. The sauce gets its complex, almost smoky spiciness from red chile pepper flakes, while kale and fennel add heartiness and earthy, autumnal flavor. Topped with a soft-boiled egg, this dish is the perfect meal for a cool fall night.



Ingredients

- 2 Farm Eggs
- 1 Cup Fregola Sarda Pasta
- 1 15-Ounce Can Tomato Sauce
- 2 Cloves Garlic
- 1 Fennel Bulb
- 1 Bunch Kale
- 1 Red Onion
- 1 Bunch Oregano

Knick Knacks

- ½ Cup Grated Parmesan Cheese
- ½ Teaspoon Crushed Red Pepper Flakes

Makes 2 Servings

About 675 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



1



Cook the pasta:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **pasta** and cook 10 to 14 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot. Stir in a drizzle of olive oil and season with salt and pepper.

2



Prepare the ingredients:

While the pasta cooks, wash and dry the fresh produce. Heat a large pot of water to boiling on high. Peel and small dice the onion. Peel and mince the garlic. Cut off and discard the fennel stems; small dice the bulb. Remove and discard the kale stems; roughly chop the leaves. Pick the oregano leaves off the stems; discard the stems.

3



Cook the eggs:

While the pasta continues to cook, carefully add the **eggs** to the large pot of boiling water; cook for exactly 6 minutes. Drain the eggs and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. When cool enough to handle, carefully peel the eggs and season with salt and pepper. Rinse and dry the pot.

4



Cook the vegetables:

In the pot used to cook the eggs, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion, garlic, fennel** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant. Add the **kale**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.

5



Add the tomato sauce:

Add the **tomato sauce** and **½ cup of water** to the pot of vegetables; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until thickened and slightly reduced in volume. Remove from heat.

6



Finish the pasta & serve your dish:

Add the **cooked pasta** and **half the cheese** to the pot of vegetables and tomato sauce; stir to combine. Season with salt and pepper to taste. Divide the **finished pasta** between 2 dishes. Garnish with the **oregano** and **remaining cheese**. Top with the **cooked eggs**. Enjoy!