

# Creamy Mafalda Pasta

*with Green Beans, Maitake Mushrooms & Crispy Onion Rings*

In this dish, we're coating frilly mafalda pasta—named for an Italian princess—in a cream sauce made with yogurt. The ruffled pasta pairs perfectly with equally ruffly maitake mushrooms and crunchy summer green beans. For the ultimate garnish, we're making our own onion rings. Soaking thin slices of onion in cold water before coating and pan-frying them ensures extra crispy results—a delicious contrast with the luscious, creamy sauce.

## Blue Apron Wine Pairings

Tathata Pinot Grigio, 2015

Le Pont Vers Le Bar Chinon, 2015



## Ingredients

10 Ounces Mafalda Pasta  
10 Ounces Green Beans  
7 Ounces Maitake Mushrooms  
4 Cloves Garlic  
1 Yellow Onion  
1 Bunch Oregano

## Knick Knacks

4 Tablespoons Butter  
½ Cup All-Purpose Flour  
½ Cup Plain Greek Yogurt  
¼ Cup Grated Parmesan Cheese

**Makes:** 4 servings | **Calories:** about 605 per serving

**Prep Time:** 15 minutes | **Cook Time:** 30–40 minutes





1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel the onion; slice into ¼-inch-thick rings. Separate the rings and place in a bowl of cold water. Tear the mushrooms into bite-sized pieces. Snap off and discard the stem ends of the green beans; cut the green beans into 1-inch pieces on an angle. Peel and finely chop the garlic. Pick the oregano leaves off the stems; discard the stems.

2



## Make the onion rings:

Thoroughly drain the **onion** and transfer to a medium bowl. Add the **flour**; toss to thoroughly coat. In a large pot, heat a thin layer of oil on medium until hot. Once the oil is hot enough that a pinch of flour sizzles immediately when added, working in batches, add the coated onion (tapping off any excess flour before adding) in a single layer. Cook, occasionally tilting the pot to submerge the onion in oil, 2 to 3 minutes per side, or until golden brown and crispy. Transfer to a paper towel-lined plate; immediately season with salt. Carefully discard the oil and wipe out the pot.

3



## Brown the mushrooms:

In the same pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **mushrooms** and cook, stirring occasionally, 6 to 8 minutes, or until lightly browned and crispy. Season with salt and pepper.

4



## Cook the pasta:

While the mushrooms brown, add the **pasta** to the pot of boiling water. Cook 11 to 13 minutes, or until al dente (still slightly firm to the bite). Reserving **1 cup of the pasta cooking water**, thoroughly drain the cooked pasta.

5



## Add the green beans & garlic:

While the pasta cooks, add the **green beans** to the pot of mushrooms; season with salt and pepper. (If the pot seems dry, add 2 teaspoons of olive oil.) Cook, stirring occasionally, 4 to 6 minutes, or until the green beans are lightly browned. Add the **garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant.

6



## Finish the pasta & plate your dish:

To the pot of vegetables, add the **cooked pasta**, **butter**, **yogurt** and **half the reserved pasta cooking water**. Reduce the heat to medium and cook, stirring vigorously 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.) Remove from heat; season with salt and pepper to taste. Divide the **finished pasta** between 4 dishes. Garnish with the **onion rings**, **cheese** and **oregano**. Enjoy!