

Late-Summer Fregola Sarda Pasta

with Romano Beans, Ricotta & Crispy Capers

Rustic fregola sarda is the perfect choice for tonight's pasta dish, brimming with the seasonal flavors of Romano beans (a robust flat bean popular in Italy), sweet pepper and tender eggplant. Sweet and tangy tomato sauce finds a delicious counterpoint in silky ricotta, dolloped onto the pasta before serving. We're topping it all off with briny capers and fresh oregano—pan-fried together to heighten their flavors and create delightfully crispy texture.

Blue Apron Wine Pairings

Ombra del Tempio Nero d'Avola, 2014
Mustard Field Zinfandel, 2014



Ingredients

1 Cup Fregola Sarda Pasta
3 Cloves Garlic
1 Eggplant
1 Sweet Red Pepper
½ Pound Romano Beans
1 Bunch Oregano

Knick Knacks

2 Tablespoons Butter
2 Tablespoons Tomato Paste
1½ Tablespoons Capers
1 Shallot
½ Cup Part-Skim Ricotta Cheese
¼ Teaspoon Crushed Red Pepper Flakes

Makes: 2 servings | **Calories:** about 705 per serving
Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



1



Prepare the ingredients & season the ricotta:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Pick the oregano leaves off the stems; discard the stems. Small dice the eggplant. Snap off and discard the stem ends of the beans; cut into 1-inch pieces on an angle. Cut out and discard the stem, ribs and seeds of the pepper, then small dice. Peel and roughly chop the garlic. Peel and mince the shallot. In a bowl, combine the **cheese** and **1 teaspoon of olive oil**; season with salt and pepper to taste.

2



Fry the capers & oregano:

Place a paper towel on a work surface; spread the **capers** on top. Using a second paper towel, gently pat or roll the capers to thoroughly dry. In a large, high-sided pan (or pot), combine the dried capers and a thin layer of oil. Cook on medium-high, stirring occasionally, 3 to 4 minutes, or until the capers are lightly browned and crispy. Add **half the oregano** and cook, stirring occasionally, 30 seconds to 1 minute, or until crispy. Leaving the oil in the pan, using a slotted spoon or spatula, transfer the fried capers and oregano to a bowl; immediately stir in **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.

3



Cook the eggplant:

Add the **eggplant** to the pan of reserved oil. Cook on medium-high, stirring occasionally, 6 to 8 minutes, or until browned and slightly softened. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Wipe out the pan.

4



Cook the pasta:

While the eggplant cooks, add the **pasta** to the pot of boiling water and cook 10 to 12 minutes, or until slightly tender. Reserving **1 cup of the pasta cooking water**, drain thoroughly.

5



Cook the vegetables:

While the pasta cooks, in the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **beans, pepper, garlic** and **shallot**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until softened and fragrant. Add the **tomato paste** and cook, stirring occasionally, 1 to 2 minutes, or until dark red and fragrant.

6



Finish the pasta & plate your dish:

Add the **cooked pasta, cooked eggplant, butter, remaining oregano** and **half the reserved pasta cooking water** to the pan. Cook, stirring vigorously, 2 to 3 minutes, or until the liquid has been absorbed and the pasta is tender; season with salt and pepper to taste. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Divide the finished pasta between 2 dishes. Top with the **seasoned cheese**. Garnish with the **fried capers and oregano**. Enjoy!