

Fresh Cavatelli & Broccoli

with Roasted Carrot & Arugula Salad

PREP TIME: 15 minutes

COOK TIME: 20-30 minutes

SERVINGS: 4

Inspired by a traditional southern Italian dish, this recipe pairs fresh cavatelli pasta with seasonal broccoli. Their flavors shine in a simple lemon-butter sauce, sweetened a bit with mascarpone (a type of Italian cream cheese). For a wintry salad on the side, we're balancing peppery arugula with the sweetness of roasted carrots and a balsamic vinaigrette.



BLUE APRON WINE PAIRING:

Bodegas VQ Grenache, 2015

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Ingredients



1 lb
FRESH CAVATELLI
PASTA



4 oz
ARUGULA



3 cloves
GARLIC



2
CARROTS



1
LEMON



1 lb
BROCCOLI

KNICK KNACKS:



1/4 cup
GRATED
PARMESAN
CHEESE



1 Tbsp
BALSAMIC
VINEGAR



2 Tbsp
MASCARPONE
CHEESE



1/4 cup
CRUMBLLED GOAT
CHEESE



4 Tbsp
BUTTER



1/4 cup
ROASTED
WALNUTS



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1 Prepare the ingredients:

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Heat a large pot of salted water to boiling on high.
- Peel the carrots and quarter lengthwise, then halve crosswise.
- Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- Cut the broccoli into bite-sized florets.
- Peel and mince the garlic.
- Roughly chop the walnuts.

2 Roast the carrots:

- Place the **carrots** on a sheet pan; drizzle with olive oil and season with salt and pepper. Toss to thoroughly coat. Arrange in a single, even layer.
- Roast, stirring halfway through, 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven and top with **the juice of 2 lemon wedges**; carefully toss to coat and season with salt and pepper to taste. Set aside in a warm place.

3 Cook the broccoli:

- While the carrots roast, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **broccoli** and season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until lightly browned and slightly softened. Add the **garlic** and **half the butter**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add **¼ cup of water** and cook, stirring occasionally, 5 to 6 minutes, or until the broccoli has softened and the water has cooked off. Turn off the heat and stir in the **mascarpone cheese**; season with salt and pepper to taste.

4 Cook the pasta:

- Once the broccoli has cooked for about 10 minutes, add the **pasta** to the pot of boiling water. Cook 4 to 5 minutes, or until just shy of al dente (still slightly firm to the bite). Reserving **1 cup of the pasta cooking water**, drain thoroughly.

5 Finish the pasta:

- To the pan of **cooked broccoli**, add the **cooked pasta**, **remaining butter** and **half the reserved pasta cooking water**. Cook on medium-high, stirring vigorously, 2 to 3 minutes, or until coated. Add the **lemon zest** and **the juice of the remaining lemon wedges**; cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining pasta cooking water.) Turn off the heat. Season with salt and pepper to taste.

6 Make the salad & serve your dish:

- To make the dressing, place the **vinegar** in a bowl; slowly whisk in **2 tablespoons of olive oil** until well combined. Season with salt and pepper to taste. Just before serving, in a large bowl, combine the **roasted carrots**, **arugula** and **walnuts**; season with salt and pepper. Add enough of the dressing to coat (you may have extra dressing). Toss to combine; season with salt and pepper to taste. Transfer to a serving dish and top with the **goat cheese**.
- Divide the **finished pasta** between 4 dishes. Garnish with the **parmesan cheese**. Serve with the salad on the side. Enjoy!

