

# Fregola Sarda Pasta Salad

with Sugar Snap Peas,  
Fried Leek, & Spicy Ricotta

**PREP TIME:** 15 minutes

**COOK TIME:** 35-45 minutes

**SERVINGS:** 2

Peas and mint are a classic duo in spring cooking. For tonight's showstopping pasta salad, we're tossing toasty fregola sarda with sautéed sugar snap peas and fresh mint. For a bit of creaminess in every bite, we're serving our salad over a layer of ricotta, seasoned with a paste made from Calabrian chiles—a native of southern Italy, beloved for its spicy and slightly fruity flavor. A garnish of fried leek rounds it all out with delicately crispy texture.



#### BLUE APRON WINE PAIRING:

Stéphanie Daumas Côtes du Rhône  
Visan, 2015

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## Ingredients



1 cup  
FREGOLA SARDA  
PASTA



4 oz  
SUGAR SNAP PEAS



3  
RADISHES



2 cloves  
GARLIC



2  
SCALLIONS



1  
LEEK



1 bunch  
MINT

#### KNICK KNACKS:



2 Tbsp  
RICE FLOUR



2 Tbsp  
ROASTED  
ALMONDS



1 Tbsp  
RICE VINEGAR



1 1/2 tsp  
CALABRIAN CHILE  
PASTE



1 oz  
PECORINO  
ROMANO CHEESE



1/2 cup  
PART-SKIM  
RICOTTA CHEESE



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## 1 Cook the pasta:

- ☐ Heat a medium pot of salted water to boiling on high. Once boiling, add the **pasta**; cook 14 to 16 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly; return to the pot. Set aside in a warm place.

## 2 Prepare the ingredients:

- ☐ While the pasta cooks, wash and dry the fresh produce.
- ☐ Peel and roughly chop the garlic.
- ☐ Cut off and discard the stem end of each snap pea; pull off and discard the tough string that runs the length of the pod.
- ☐ Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Trim off and discard the root end and upper, dark-green leaves of the leek. Halve lengthwise, then thinly slice crosswise. Place in a bowl of cold water and stir vigorously to remove any dirt between the layers.
- ☐ Cut off and discard the ends of the radishes; halve lengthwise, then thinly slice crosswise.
- ☐ Using a fork, break the Pecorino cheese into small pieces.
- ☐ Roughly chop the almonds.
- ☐ Pick the mint leaves off the stems; discard the stems.

## 3 Make the spicy ricotta:

- ☐ In a medium bowl, combine the **ricotta cheese** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with olive oil and season with salt and pepper to taste.

## 4 Cook the snap peas:

- ☐ In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic, snap peas, and white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the snap peas are bright green. Add **2 tablespoons of water** and cook, stirring frequently, 1 to 2 minutes, or until the snap peas have softened and the water has cooked off. Season with salt and pepper to taste.
- ☐ Transfer to the pot of **cooked pasta**; stir to combine. Wipe out the pan.

## 5 Coat & fry the leek:

- ☐ Using your hands (or a slotted spoon), remove the **rinsed leek** from the bowl of water and thoroughly pat dry with paper towels. Transfer to a large bowl and season with salt and pepper; toss to coat. Add the **flour**; toss to thoroughly coat.
- ☐ In the same pan, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a pinch of flour sizzles immediately when added to the pan, working in batches if necessary, add the coated leek in a single layer (tapping off any excess flour before adding). Cook, stirring frequently, 4 to 6 minutes per batch, or until golden brown and crispy. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

## 6 Finish the pasta salad & plate your dish:

- ☐ To the pot of **cooked pasta and snap peas**, add the **radishes, Pecorino cheese, almonds, vinegar, and mint** (tearing the leaves just before adding). Stir to thoroughly combine. Drizzle with olive oil; season with salt and pepper to taste. Divide the **spicy ricotta** between 2 dishes; spread into a thin layer. Top with the finished pasta salad and **fried leek**. Garnish with the **green tops of the scallions**. Enjoy!