

Creamy Mafalda Pasta

with Asparagus, Mushrooms, & Crispy Leek

PREP TIME: 15 minutes

COOK TIME: 20-30 minutes

SERVINGS: 4

Tonight's pasta dish is a lighter, springtime take on classic green bean casserole that swaps in asparagus, along with maitake mushrooms and leek. Frilly mafalda pasta is a perfect match for the equally ruffy maitake mushrooms, while the thin slices of pan-fried leek provide delicate crunch. These satisfying flavors and textures all shine through a light cream sauce.



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Ingredients



1 lb
MAFALDA PASTA



1/2 lb
MAITAKE
MUSHROOMS



3 cloves
GARLIC



1 bunch
ASPARAGUS



1
LEEK



1 large bunch
PARSLEY

KNICK KNACKS:



2 Tbsp
RICE FLOUR



1/4 cup
GRATED
PARMESAN
CHEESE



4 Tbsp
BUTTER



1/4 cup
SOUR CREAM



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1 Prepare the ingredients:

- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Trim off and discard the root end and upper, dark-green leaves of the leek. Halve lengthwise, then thinly slice crosswise; place in a large bowl of cold water and stir vigorously to remove any dirt between the layers.
- ☐ Tear the mushrooms into bite-sized pieces.
- ☐ Cut off and discard the tough, woody stem ends of the asparagus; cut into 1-inch pieces, leaving the pointed tips intact.
- ☐ Peel and roughly chop the garlic.
- ☐ Roughly chop the parsley leaves and stems.



2 Make the crispy leek:

- ☐ Using your hands (or a slotted spoon), remove the **rinsed leek** from the bowl of cold water and thoroughly pat dry with paper towels. Transfer to a large bowl; add the **flour**. Season with salt and pepper. Toss to thoroughly coat.
- ☐ In a large pan (nonstick, if you have one), 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, add the coated leek in a single layer (tapping off any excess flour before adding). Cook, stirring frequently, 4 to 6 minutes, or until golden brown and crispy.
- ☐ Transfer to a paper towel-lined plate. Immediately season with salt and pepper. Wipe out the pan.



3 Cook the mushrooms:

- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **mushrooms** and cook, without stirring, 2 to 3 minutes, or until lightly browned.
- ☐ Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned. (If the pan seems dry, add 1 teaspoon of olive oil.) Season with salt and pepper.

4 Add the asparagus:

- ☐ Add the **asparagus** to the pan and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- ☐ Add the **garlic** and cook, stirring constantly, 1 to 2 minutes, or until softened and fragrant. Turn off the heat.



5 Cook the pasta:

- ☐ While the vegetables cook, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 8 to 10 minutes, or until al dente (still slightly firm to the bite).
- ☐ Turn off the heat. Reserving $\frac{3}{4}$ cup of the **pasta cooking water**, drain thoroughly and return to the pot.

6 Finish the pasta & serve your dish:

- ☐ To the pot of **cooked pasta**, add the **cooked vegetables, butter, sour cream, half the parsley, and half the reserved pasta cooking water**. Cook on medium-high, stirring vigorously, 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.) Turn off the heat; season with salt and pepper to taste.
- ☐ Divide the finished pasta among 4 dishes. Top with the **crispy leek, cheese, and remaining parsley**. Enjoy!