

Whole Grain Pasta & Peas

with Ricotta Cheese & Mint

PREP TIME: 10 minutes

COOK TIME: 15-25 minutes

SERVINGS: 2

Pipe rigate pasta's curved, hollow shape is ideal for nestling fresh English peas in tonight's dish. We're blanching and shocking the peas, or boiling them briefly then submerging them in ice water, to set their verdant color and just-tender texture. Mint leaves and sautéed spinach mixed into the pasta add fresh and earthy notes that complement our sauce made from lemon-seasoned ricotta.



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Ingredients



6 oz
WHOLE GRAIN
PIPE RIGATE
PASTA



4 oz
ENGLISH PEAS



4 oz
SPINACH



2 cloves
GARLIC



1
LEMON



1 bunch
MINT

KNICK KNACKS:



2 Tbsp
BUTTER



1/2 cup
PART-SKIM
RICOTTA CHEESE



1 oz
PECORINO
ROMANO CHEESE



1/4 tsp
CRUSHED RED
PEPPER FLAKES



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1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Quarter and deseed the lemon.
- ☐ Shell the peas.
- ☐ Peel and roughly chop the garlic.
- ☐ Pick the mint leaves off the stems; discard the stems.
- ☐ Grate the Pecorino cheese on the small side of a box grater.

2 Season the ricotta:

- ☐ In a medium bowl, combine the **ricotta cheese**, **1 teaspoon of olive oil**, and **the juice of 2 lemon wedges**; season with salt and pepper. Whisk to thoroughly combine. Season with salt and pepper to taste.



3 Blanch & shock the peas:

- ☐ Fill a medium bowl with ice water; add **a pinch of salt**. Set aside.
- ☐ To the pot of boiling water, add the **peas**. Cook, stirring frequently, 1 to 2 minutes, or until bright green and slightly softened.
- ☐ Leaving the pot of water boiling, using a strainer or slotted spoon, immediately transfer the cooked peas to the bowl of ice water. Let stand until cool. Drain thoroughly and pat dry with paper towels.

4 Cook the pasta:

- ☐ Add the **pasta** to the same pot of boiling water. Cook 4 to 6 minutes, or until just shy of al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, drain thoroughly.



5 Cook the spinach:

- ☐ While the pasta cooks, in a large, high-sided pan (or pot), heat the **butter** on medium-high until melted.
- ☐ Add the **garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until softened and fragrant.
- ☐ Add the **spinach** and season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted.
- ☐ Turn off the heat; add **the juice of the remaining lemon wedges**. Season with salt and pepper to taste.

6 Finish the pasta & plate your dish:

- ☐ To the pan of **cooked spinach**, add the **cooked pasta**, **shocked peas**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until the pasta is coated.
- ☐ Add the **seasoned ricotta** and cook, stirring constantly, 30 seconds to 1 minute, 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.
- ☐ Add the **mint** (tearing the leaves just before adding) and stir to combine.
- ☐ Divide between 2 dishes. Garnish with the **Pecorino cheese** and a drizzle of olive oil. Enjoy!

