

Fresh Cavatelli Pasta & Basil Pesto

with Corn & Zucchini

4 SERVINGS

⌚ 20-30 MINS



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The highlight of this summery pasta is our fragrant basil pesto—a beloved sauce that originated in Liguria, on Italy’s northwest coast—tossed with fresh cavatelli pasta, whose gentle curved shape is perfect for scooping up every bite of sauce.

Ingredients

-  1 lb Fresh Cavatelli Pasta*
-  2 cloves Garlic
-  2 ears of Corn
-  2 Zucchini
-  1 bunch Parsley
-  2 Tbsps Butter
-  ¼ cup Grated Parmesan Cheese
-  2 Tbsps Crème Fraîche
-  ⅓ cup Basil Pesto
-  ¼ tsp Crushed Red Pepper Flakes

*previously frozen

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

VEGETARIAN
600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
blueapron.com/wine

1 Prepare the ingredients

- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Quarter the **zucchini** lengthwise, then thinly slice crosswise.
- Remove the husks and silks from the **corn**; cut the kernels off the cobs.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **parsley** leaves and stems.



2 Cook the pasta

- Add the **pasta** to the pot of boiling water. Cook 11 to 13 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving **1 cup of the pasta cooking water**, drain thoroughly and return to the pot.



3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer and cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **corn kernels**, **chopped 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 occasionally, 2 to 3 minutes, or until lightly browned.
- Turn off the heat. Taste, then season with salt and pepper if desired.



4 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **cooked vegetables**, **butter**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat and stir in the **pesto** and **crème fraîche** until combined and the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated). Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** garnished with the **chopped parsley** and **cheese**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 590, Total Carbohydrates: 79g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 23g, Saturated Fat: 9g, Protein: 18g, Sodium: 660mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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