

Roasted Red Pepper Pasta

with Broccoli & Parmesan Cheese

2 SERVINGS

⌚ 20-30 MINS

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Ingredients



6 oz Lumaca Rigata Pasta 



2 cloves Garlic




2 Tbsps Butter



1 Tbsp Calabrian Chile Paste



6 oz Banza Chickpea Rotini Pasta 



¾ cup Grated Parmesan Cheese



¾ cup Cream



1 Tbsp Capers



½ lb Broccoli



½ cup Part-Skim Ricotta Cheese



2 Tbsps Tomato Paste



1 oz Sliced Roasted Red Peppers

*Ingredients may be replaced and quantities may vary.

1 Prepare & roast the broccoli

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the **broccoli**. Cut off and discard the bottom $\frac{1}{2}$ inch of the stem, then cut the broccoli into small florets.
- Place on a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Cook the pasta

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 5 to 7 minutes, or until al dente (still slightly firm to the bite).
- Reserving $\frac{1}{2}$ cup of the **pasta cooking water**, drain thoroughly.



CUSTOMIZED STEP 2 If you chose Banza Pasta

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 4 to 6 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving $\frac{1}{2}$ cup of the **pasta cooking water**, drain thoroughly and rinse under cold water to prevent sticking.

3 Prepare the remaining ingredients

- Meanwhile, peel and roughly chop **2 cloves of garlic**.
- Finely chop the **peppers**.
- In a bowl, combine the **ricotta**, **half the parmesan**, and a drizzle of **olive oil**. Season with salt and pepper.



4 Make the sauce

- In a medium pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **capers**, **chopped garlic**, and **chopped peppers**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until softened.
- Add the **tomato paste** and **as much of the chile paste you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat. Add the **cream** (carefully, as the liquid may splatter) and $\frac{1}{4}$ cup of **water**. Stir to combine.
- Taste, then season with salt and pepper if desired.



5 Finish the pasta & serve your dish

- To the pan of **sauce**, add the **cooked pasta**, **butter**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until the pasta is coated and combined (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Divide the **seasoned ricotta** between two dishes; spread into an even layer. Top with the **roasted broccoli**.
- Serve the **finished pasta** with the **finished broccoli** on the side. Garnish with the **remaining parmesan**. Enjoy!



CUSTOMIZED STEP 5 If you chose Banza Pasta

- Finish the pasta and serve your dish as directed, but stir the pasta gently.