

Trofie Pasta

with Golden Garlic & Heirloom Tomatoes

This twisted pasta comes from Liguria, a region in Northwest Italy. It's believed that women there would sit together in chairs along the coast and twist the pasta dough while waiting for their husbands to return from fishing excursions. We're preparing the dish simply, relying on the natural deliciousness of these ingredients. Seasoning frequently during cooking will develop and brighten the flavors, letting them truly shine.



Ingredients

8 Cloves Garlic

1 Cherokee Purple Tomato

1 Yellow Heirloom Tomato

1 Bunch Basil

1/8 Teaspoon Crushed Red Pepper Flakes

8 Ounces Trofie Pasta

1/4 Cup Grated Parmesan Cheese

Makes 2 Servings

About 695 Calories Per Serving



Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel the garlic cloves; smash each clove once with the side of your knife to flatten. Medium dice the tomatoes. Pick the basil leaves off the stems; discard the stems.

2



Cook the garlic:

In a large pan, heat 2 teaspoons of olive oil on medium-low until hot. Add the **garlic cloves** and cook, stirring occasionally, 2 to 4 minutes, or until golden.

3



Add the tomatoes:

Add the **tomatoes** and **as much of the red pepper flakes as you'd like** to the pan of golden garlic and season with salt. Cook, stirring occasionally, 3 to 4 minutes, or until the tomatoes have softened. Remove from heat and set aside as you continue cooking.

4



Cook the pasta & add it to the sauce:

Add the **trofie pasta** to the boiling water and cook 6 to 8 minutes, or until just shy of al dente. Drain the cooked pasta and transfer directly to the pan of garlic and tomatoes, reserving $\frac{1}{4}$ cup of the pasta water. Cook the pasta in the sauce on medium heat, stirring occasionally, 2 to 4 minutes, or until the pasta has absorbed some of the sauce. Season with salt and pepper. (If the sauce seems too dry, add **up to $\frac{1}{4}$ cup of the reserved pasta water** to achieve your desired consistency.)

5



Finish the pasta:

Stir in **half of both the Parmesan cheese and the basil** (roughly chopping the leaves just before adding). Cook, stirring frequently, 30 seconds to 1 minute, or until the cheese has melted; season with salt and pepper. Remove from heat.

6



Plate your dish:

Divide the pasta between 2 dishes. Garnish with the **remaining Parmesan cheese and basil**. Enjoy!