

Fettuccine & Roasted Fennel

with Whipped Ricotta & Garlic Breadcrumbs

TIME: 30-40 minutes

SERVINGS: 2

Fettuccine gets a few seasonal, sophisticated lifts in this recipe. We're tossing the pasta with roasted fennel and green olives, and serving it all over whipped ricotta—simply ricotta whisked until delightfully fluffy.



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Ingredients



1/2 lb
FETTUCCINE
PASTA



1 clove
GARLIC



1
FENNEL BULB



1
PINK LEMON

KNICK KNACKS:



2 Tbsps
BUTTER



1 oz
CASTELVETRANO
OLIVES



2 Tbsps
QUARK CHEESE



1/2 cup
PART-SKIM
RICOTTA CHEESE



1/4 cup
PANKO
BREADCRUMBS



1/4 tsp
CRUSHED RED
PEPPER FLAKES



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1 Prepare & roast the fennel:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard any stems from the **fennel**. Halve the fennel lengthwise; cut out and discard the core, then thinly slice.
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast, stirring halfway through, 14 to 16 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the ingredients & make the whipped ricotta:

- ☐ While the fennel roasts, peel and finely chop the **garlic**.
- ☐ Using the flat side of your knife, smash the **olives**; remove and discard the pits, then roughly chop.
- ☐ Using a peeler, remove the rind of the **lemon**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ In a bowl, vigorously whisk together the **ricotta**, the **juice of 2 lemon wedges**, and a drizzle of olive oil until lighter in texture and thoroughly combined. Season with salt and pepper to taste.



3 Make the garlic breadcrumbs:

- ☐ While the fennel continues to roast, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **chopped garlic** and **breadcrumbs**; season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes, or until golden brown.
- ☐ Transfer to a paper towel-lined plate; immediately season with salt and pepper.



4 Cook the pasta:

- ☐ While the breadcrumbs cook, add the **pasta** to the pot of boiling water and cook 9 to 10 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- ☐ Reserving **½ cup of the pasta cooking water**, drain thoroughly and return to the pot.



5 Finish & serve your dish:

- ☐ To the pot of **cooked pasta**, add the **butter**, **roasted fennel**, **chopped olives**, **lemon zest**, the **juice of the remaining lemon wedges**, **half the reserved pasta cooking water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until the pasta is coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.)
- ☐ Turn off the heat and stir in the **quark** until combined. Season with salt and pepper to taste.
- ☐ Divide the **whipped ricotta** between 2 dishes; spread into an even layer. Top with the finished pasta. Garnish with the **garlic breadcrumbs**. Enjoy!