

Creamy Cavatelli & Zucchini

with Romaine & Orange Salad

TIME: 25-35 minutes

SERVINGS: 2

In this quick-cooking recipe, we're coating fresh cavatelli and zucchini with an easy cheese sauce, which gets subtle heat from red pepper flakes. A refreshing side salad rounds out the dish.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



30
MINUTE
MEAL

Ingredients



10 oz
FRESH CAVATELLI
PASTA*



2 cloves
GARLIC



1
ZUCCHINI



1
NAVEL ORANGE



1
ROMAINE
LETTUCE HEART

KNICK KNACKS:



1 Tbsp
CREMA BEL PAESE
CHEESE



1 Tbsp
RED WINE
VINEGAR



1 Tbsp
ITALIAN
SEASONING**



2 Tbsps
QUARK CHEESE



1/4 tsp
CRUSHED RED
PEPPER FLAKES

* previously frozen

** Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram



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1 Prepare the ingredients & make the dressing:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the **zucchini**.
- ☐ Peel and roughly chop the **garlic**.
- ☐ Cut off and discard the root end of the **lettuce**; roughly chop the leaves. Peel and medium dice the **orange**.
- ☐ In a bowl, combine the **quark cheese**, **Italian seasoning**, **half the vinegar** (you will have extra vinegar), and **1 tablespoon of olive oil**; season with salt and pepper.



2 Cook the pasta:

- ☐ Add the **pasta** to the pot of boiling water and cook, stirring occasionally, 8 to 10 minutes, or until al dente (still slightly firm to the bite).
- ☐ Reserving **½ cup of the pasta cooking water**, drain thoroughly.



3 Cook the zucchini:

- ☐ While the pasta cooks, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **diced zucchini** in an even layer and cook, without stirring, 3 to 4 minutes, or until lightly browned.
- ☐ Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened. Turn off the heat.



4 Finish the pasta:

- ☐ To the pan of **cooked zucchini**, add the **cooked pasta**, **bel paese cheese**, **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 combined and the pasta is coated. (If the pasta seems dry, gradually add the remaining cooking water to achieve your desired consistency.) Turn off the heat and season with salt and pepper to taste.



5 Make the salad & serve your dish:

- ☐ Just before serving, in a large bowl, combine the **chopped lettuce** and **diced orange**. Add enough of the **dressing** to coat (you may have extra dressing); toss to combine. Season with salt and pepper to taste.
- ☐ Serve the **finished pasta** with the salad on the side. Enjoy!