

# Fregola Sarda Pasta in Zesty Tomato Sauce

*with Zucchini & Goat Cheese*

**TIME:** 40-50 minutes

**SERVINGS:** 2

Toasty pearls of fregola sarda pair perfectly with our tomato sauce, which gets a kick of heat from Calabrian chile paste and a touch of creaminess from goat cheese. We're topping each bowl with a soft-boiled egg for extra richness.



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Fruity & Savory

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## Ingredients



$\frac{2}{3}$  cup  
FREGOLA SARDA  
PASTA



1 14-oz can  
WHOLE PEELED  
TOMATOES



2  
CAGE-FREE  
FARM EGGS



1  
ZUCCHINI



2 cloves  
GARLIC



1  
FENNEL BULB



1  
RED ONION



1 bunch  
OREGANO

## KNICK KNACKS:



$\frac{1}{4}$  cup  
GRATED  
PARMESAN  
CHEESE



1  $\frac{1}{2}$  tps  
CALABRIAN CHILE  
PASTE



2 Tbsps  
SPREADABLE  
GOAT CHEESE



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### 1 Cook the pasta:

- ☐ Heat a medium pot and a medium saucepan of salted water to boiling on high.
- ☐ Once the saucepan of water is boiling, add the **pasta** and cook, stirring occasionally, 14 to 16 minutes, or until tender. Drain thoroughly.

### 2 Make the soft-boiled eggs:

- ☐ While the pasta cooks, carefully add the **eggs** to the medium pot of boiling water and cook 6 to 7 minutes.
- ☐ Drain and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- ☐ When cool enough to handle, carefully peel the cooked eggs; season with salt and pepper. Wipe out the pot.



### 3 Prepare the ingredients:

- ☐ While the eggs cook, wash and dry the fresh produce.
- ☐ Peel and small dice the **onion**. Cut off and discard any stems from the **fennel**. Halve the fennel bulb lengthwise; cut out and discard the core, then small dice. Peel and finely chop the **garlic**.
- ☐ Medium dice the **zucchini**.
- ☐ Pick the **oregano** leaves off the stems; discard the stems and roughly chop the leaves. Place the **tomatoes** in a bowl; gently break apart with your hands.

### 4 Cook the vegetables:

- ☐ In the pot used to cook the eggs, heat 2 teaspoons of olive oil on medium-high until hot. Add the **diced onion and fennel** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes, or until lightly browned and softened.
- ☐ Add the **diced zucchini**; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes, or until slightly softened.
- ☐ Turn off the heat. Transfer to a plate.



### 5 Make the sauce:

- ☐ In the same pot, combine the **chopped oregano, tomatoes, ½ cup of water, and as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Heat to boiling on high.
- ☐ Once boiling, reduce the heat to medium-high and cook, stirring frequently, 4 to 6 minutes, or until slightly thickened.



### 6 Finish the pasta & serve your dish:

- ☐ Add the **cooked pasta, cooked vegetables, goat cheese, and half the parmesan cheese** to the pot. Cook, stirring vigorously, 1 to 2 minutes, or until thoroughly combined. Turn off the heat and season with salt and pepper to taste.
- ☐ Serve the finished pasta topped with the **soft-boiled eggs, remaining parmesan cheese**, and a drizzle of olive oil. Enjoy!