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.



MATCH YOUR BLUE APRON WINE



Fruity & Savory

Serve a bottle with this symbol for a great pairing.



Ingredients



2∕3 cup FREGOLA SARDA PASTA



2 cloves GARLIC



1 14-oz can WHOLE PEELED TOMATOES



1 FENNEL BULB



CAGE-FREE FARM EGGS



1 RED ONION



ZUCCHINI



1 bunch OREGANO

KNICK KNACKS:



1/4 cup GRATED PARMESAN CHEESE



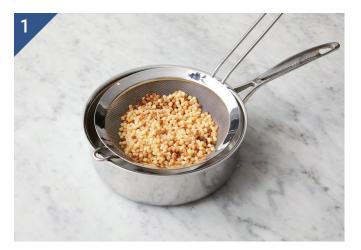
1½ tsps CALABRIAN CHILE PASTE



2 Tbsps SPREADABLE GOAT CHEESE

















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 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!