

# Fresh Chestnut Pasta

*with Brussels Sprouts, Ghee & Poppy Seeds*

In this recipe, we're celebrating the season by using chestnuts two ways. The fresh pasta is made with ground chestnuts, giving it unique flavor and texture. And in the pasta sauce, we're combining vegetables, chestnuts and ghee (a type of clarified butter popular in traditional Indian cuisine). The result is a delightful, crunchy and incredibly flavorful dish that's perfect for the end of autumn.



## Ingredients

- 8 Ounces Fresh Chestnut Fettuccine Pasta
- 4 Ounces Peeled Chestnuts
- 6 Ounces Brussels Sprouts
- 4 Baby Carrots
- 1 Leek
- 1 Bunch Mint
- 1 Bunch Parsley

## Knick Knacks

- 3 Tablespoons Ghee
- 2 Teaspoons Granulated Honey
- 1 Teaspoon Poppy Seeds
- ¼ Cup Grated Parmesan Cheese

Makes 2 Servings

About 670 Calories Per Serving

Cooking Time: 25 to 35 minutes





1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Roughly chop the chestnuts. Cut off and discard the root ends of the Brussels sprouts. Remove and discard the tough, outer leaves; pick off the remaining leaves until you reach the core of each sprout. Discard the cores; place the leaves in a bowl. Quarter the carrots lengthwise. Remove and discard the root and upper, dark-green leaves of the leek. Halve the leek lengthwise; thoroughly rinse between the layers. Thinly slice the leek crosswise. Pick the parsley and mint leaves off the stems; discard the stems. Roughly chop the parsley leaves.

2



## Cook the carrots & leek:

In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until browned and slightly tender. Add the **leek** and  $\frac{1}{2}$  **cup of water**; season with salt and pepper. Cook, stirring occasionally, 7 to 9 minutes, or until the water has evaporated and the leek has softened. Transfer to a plate and set aside. Wipe out the pan.

3



## Cook the chestnuts & Brussels sprouts:

In the same pan used to cook the carrots and leek, melt **half the ghee** on medium heat. Once melted, add the **chestnuts** and **Brussels sprout leaves**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the Brussels sprout leaves are bright green and the chestnuts are warmed through. Stir in the **cooked carrots and leek**; season with salt and pepper.

4



## Cook the pasta & add it to the sauce:

While the chestnuts and Brussels sprouts cook, add the **pasta** to the pot of boiling water. Cook 2 to 3 minutes, or until just shy of al dente (still slightly firm to the bite). Reserve  $\frac{1}{2}$  **cup of the pasta water**; drain the pasta thoroughly. Transfer the cooked pasta directly to the pan of vegetables. Add  $\frac{1}{4}$  **cup of the reserved pasta water**; cook, stirring occasionally, 1 to 2 minutes, or until the pasta is coated in the sauce. (If the sauce seems dry, slowly add the remaining reserved pasta water until you achieve your desired consistency.) Remove from heat.

5



## Finish & plate your dish:

Off the heat, add the **Parmesan cheese**, **remaining ghee** and **poppy seeds** to the pan of pasta; stir until well combined. Season with salt and pepper to taste. Divide the pasta between 2 dishes. Garnish with the **mint**, **parsley** and **granulated honey**. Enjoy!