



Mother's Day Pasta Sampler

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



764 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon aged balsamic vinegar
- ☐ 10 ounce baby carrots frozen cooked
- ☐ 10 leaves basil fresh shredded
- ☐ 1.5 pounds bow tie pasta
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon curry powder
- ☐ 1 handful flat-leaf parsley fresh chopped
- ☐ 3 tablespoons chives fresh chopped

- ☐ 0.5 cup ricotta cheese fresh
- ☐ 3 cloves garlic minced grated
- ☐ 2 tablespoons honey
- ☐ 3 dashes hot sauce
- ☐ 2 teaspoons lemon zest
- ☐ 1 handful mint leaves finely chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion chopped
- ☐ 6 servings parmigiano-reggiano grated to taste
- ☐ 10 ounce peas frozen
- ☐ 0.5 teaspoon pepper flakes dried red crushed
- ☐ 16 ounce roasted red yellow drained 5 to 6 peppers
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 cup vegetable stock plus more if needed
- ☐ 1 cup vegetable stock

Equipment

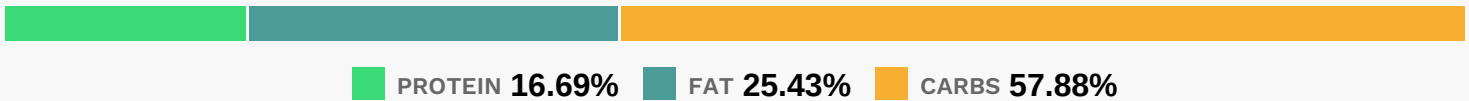
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ stove
- ☐ spatula

Directions

- ☐ Heat a large pot of water to a boil, salt liberally and cook pasta to al dente.

- ☐ While pasta cooks, you will need 3 small skillet set up and a food processor near by. Set up 3 serving dishes that would hold half a pound of pasta each on a counter near the stove.
- ☐ In first skillet, melt butter with olive oil over medium heat, add onion, season with salt and pepper, to taste, and sweat 5 to 6 minutes.
- ☐ Add stock and zest and bring to a boil.
- ☐ Add peas, season with salt and pepper and heat through, about 2 minutes. Put in food processor and process until a smooth sauce forms and transfer to a bowl, fold in fresh ricotta, basil and mint with rubber spatula, adjust seasoning salt. When pasta is ready, add a ladle of pasta water or chicken stock, if needed and 1/3 of the pasta to the bowl. Toss the pasta with sauce.
- ☐ In the second skillet while peas are cooking, add chicken stock, carrots, curry powder, hot sauce, salt and pepper, to taste, honey and butter. Bring to a boil and let simmer to heat through, 10 minutes.
- ☐ While carrots are cooking, grind roasted peppers into a paste.
- ☐ Heat 2 tablespoons olive oil in third pan over medium-low heat and saute the garlic and red pepper, stir in ground peppers and season with salt and freshly ground black pepper. Rinse processor bowl and return to base to grind the carrots when they are tender. When peppers are hot, stir in balsamic vinegar and parsley and let simmer over low heat. Stir in starchy cooking liquid or stock, scrape sauce into serving dish and coat 1/3 of the pasta and cheese.
- ☐ Grind carrots into a smooth paste and transfer to a serving dish. Thin carrot sauce with starchy liquid or stock and toss with remaining half pound of pasta and chives.

Nutrition Facts



Properties

Glycemic Index:109.27, Glycemic Load:41.24, Inflammation Score:-10, Nutrition Score:36.248260840126%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 763.74kcal (38.19%), Fat: 21.61g (33.25%), Saturated Fat: 9.23g (57.67%), Carbohydrates: 110.67g (36.89%), Net Carbohydrates: 100.81g (36.66%), Sugar: 18.66g (20.74%), Cholesterol: 35.96mg (11.99%), Sodium: 803.62mg (34.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.83%), Vitamin A: 9999.96IU (200%), Vitamin C: 121.3mg (147.03%), Selenium: 83.21µg (118.86%), Manganese: 1.49mg (74.64%), Phosphorus: 549.65mg (54.97%), Calcium: 469.27mg (46.93%), Vitamin K: 43.26µg (41.2%), Fiber: 9.86g (39.44%), Vitamin B6: 0.59mg (29.64%), Folate: 110.03µg (27.51%), Magnesium: 109.99mg (27.5%), Copper: 0.51mg (25.55%), Zinc: 3.62mg (24.15%), Vitamin B2: 0.37mg (21.61%), Potassium: 741.94mg (21.2%), Vitamin B1: 0.31mg (20.64%), Vitamin B3: 4.12mg (20.6%), Iron: 3.6mg (19.98%), Vitamin E: 2.65mg (17.69%), Vitamin B5: 1.19mg (11.94%), Vitamin B12: 0.43µg (7.24%), Vitamin D: 0.19µg (1.28%)