

Pasta Primavera With Gremolata

Pull out your wok to enjoy this colorful and zesty pasta dish.

Gremolata Ingredients

- 1 lemon
- 1 cup (250 mL) parsley leaves
- 1 cup (250 mL) arugula
- 2 garlic cloves, pressed
- 3 tbsp (45 mL) olive oil
- ¼ tsp (1 mL) salt
- ⅛ tsp (0.5 mL) black pepper

Pasta & Vegetables Ingredients

- ½ onion
- 1 large yellow squash or 2 small
- 1 oz. (30 g) fresh Parmesan cheese (½ cup/125 mL grated)
- 1 cup (250 mL) grape tomatoes
- 1 bunch asparagus, trimmed
- 1 tbsp (15 mL) olive oil
- ¼ tsp (1 mL) salt
- ⅛ tsp (0.5 mL) black pepper
- 8 oz. (250 g) angel hair pasta
- 1¾ cups (425 mL) water



pampered|chef.

Instructions

1. Zest the lemon with the **Microplane® Zester**. Juice half of the lemon with the **Juicer** to measure 2 tbsp (30 mL). Add the lemon zest, juice, and remaining gremolata ingredients to the **Manual Food Processor** and process until the mixture resembles a paste, scraping down the sides as needed.
2. Use the **Quick Prep Food Grater** fitted with the slicing blade to slice the onion and squash. Use the fine grating blade to grate the Parmesan. Place the tomatoes into the **Close & Cut** and use the **Coated Chef's Knife** to cut them in half. Cut the asparagus into thirds.
3. Heat the oil in the **Stainless Steel Nonstick Wok** over medium-high heat for 3-5 minutes. Add the onion, salt, and pepper, and cook for 3-4 minutes. Add the tomatoes and cook for 1-2 minutes, or until the veggies are softened, stirring occasionally.
4. Break the pasta into thirds. Place the pasta and water into the wok and gently mix with the **Large Chef's Tongs**. Place the asparagus and squash on top of the pasta. Cover with the lid and reduce the heat to medium-low. Cook for 7-8 minutes, or until the pasta is al dente and veggies are cooked.
5. Add the gremolata and stir to coat. Serve with the grated Parmesan.

Yields 8 servings

U.S. Nutrients per serving:

(1 cup/250 mL): Calories 270, Total Fat 11 g, Saturated Fat 2 g, Cholesterol 5 mg, Sodium 270 mg, Carbohydrate 35 g, Fiber 2 g, Sugars 5 g, Protein 8 g

Cook's Tips:

To break the pasta into thirds without making a mess, wrap it in a clean, dry towel and twist to break.

Gremolata is an Italian condiment that's usually made with lemon zest, garlic, parsley, and anchovy. Our version omits the anchovy and adds a subtle peppery note with arugula.