

## Pasta Primavera



Makes 4 portions

<p><b><u>Vegetables:</u></b>            ½ carrot, <b>julienned</b>            125 ml <b>cauliflower</b> florets            125 ml broccoli florets            60ml onion, <b>diced</b>            1 clove garlic, <b>minced</b>            30 ml oil</p>	<ol style="list-style-type: none"> <li>1. Wash and julienne the carrots</li> <li>2. Wash broccoli and cauliflower and chop into florets</li> <li>3. Mince garlic</li> <li>4. In a medium frying pan, heat the oil</li> <li>5. Add prepared vegetables</li> <li>6. <b>Sauté</b> for 5-6 minutes until tender</li> </ol>
<p><b><u>Sauce:</u></b>            300ml chicken broth            25ml flour            75ml <b>light cream cheese</b></p>	<ol style="list-style-type: none"> <li>1. Combine broth and flour in medium pot, using a <b>whisk</b> to blend</li> <li>2. Whisk in cream cheese</li> <li>3. Cook for 2 mins, stirring constantly until mixture simmers and <b>thickens</b></li> <li>4. Add in cooked vegetables, keep warm</li> </ol>
<p><b><u>Pasta:</u></b>            200gm uncooked pasta            10ml salt</p>	<ol style="list-style-type: none"> <li>1. In a large pot, full ⅔ full with water</li> <li>2. Add <b>salt</b> to water, cover with lid</li> <li>3. Bring water to a boil</li> <li>4. Add pasta to pot &amp; stir to keep pasta from <b>sticking</b></li> <li>5. Cook until tender or <b>al dente</b>, about 7-12 minutes</li> <li>6. Use a colander to drain the water from the pot</li> <li>7. Add sauce to noodles and ½ the Parmesan, tossing to coat noodles</li> </ol>
<p><b><u>Garnish:</u></b>            50ml Parmesan            30ml <b>parsley</b>, chopped</p>	<ol style="list-style-type: none"> <li>1. Serve pasta in bowls</li> <li>2. Sprinkle each serving with <b>remaining</b> Parmesan</li> <li>3. <b>Garnish</b> with parsley</li> </ol>

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Makes 4 portions

<p><b><u>Vegetables:</u></b>            ½ carrot, _____            125 ml _____ florets            125 ml broccoli florets            1 clove garlic, _____            30 ml oil</p>	<ol style="list-style-type: none"> <li>1. Wash and julienne the carrots</li> <li>2. Wash broccoli and cauliflower and chop into florets</li> <li>3. Mince garlic</li> <li>4. In a medium frying pan, heat the oil</li> <li>5. Add prepared vegetables</li> <li>6. _____ for 5-6 minutes until tender</li> </ol>
<p><b><u>Sauce:</u></b>            300ml chicken broth            25ml flour            75ml _____</p>	<ol style="list-style-type: none"> <li>1. Combine broth and flour in medium pot, using a _____ to blend</li> <li>2. Whisk in cream cheese</li> <li>3. Cook for 2 mins, stirring constantly until mixture simmers and _____</li> <li>4. Add in cooked vegetables, keep warm</li> </ol>
<p><b><u>Pasta:</u></b>            200gm uncooked pasta            10ml salt</p>	<ol style="list-style-type: none"> <li>1. In a large pot, full ⅔ full with water</li> <li>2. Add _____ to water, cover with _____</li> <li>3. Bring water to a boil</li> <li>4. Add pasta to pot &amp; stir to keep pasta from _____</li> <li>5. Cook until tender or _____, about 7-12 minutes</li> <li>6. Use a colander to drain the water from the pot</li> <li>7. Add sauce to noodles and _____ the Parmesan tossing to coat noodles</li> </ol>
<p><b><u>Garnish:</u></b>            50ml Parmesan            30ml _____, chopped</p>	<ol style="list-style-type: none"> <li>1. Serve pasta in bowls</li> <li>2. Sprinkle each serving with _____ Parmesan</li> <li>3. _____ with parsley</li> </ol>

