











# SUMMER FREGOLA SARDA PASTA

Submitted by: The Test Kitchen of Blue Apron

## INGREDIENTS

-  2/3 cup Fregola Sarda Pasta
-  2 Pasture-Raised Eggs
-  4 oz Grape Or Cherry Tomatoes
-  6 oz Green Beans
-  1 Red Onion
-  1 Tbsp Capers
-  0.7 oz Grana Padano Cheese
-  1 Tbsp Creamy Mustard Sauce
-  1 Tbsp White Wine Vinegar
-  1 Tbsp Tuscan Spice Blend  
(Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary & Ground Sage)

## INSTRUCTIONS

Place an oven rack in the center of the oven, then preheat to 450°F. Fill a medium pot and a separate small pot with salted water; cover and heat to boiling on high. Line a sheet pan with foil. Halve and peel the onion; cut into 1/2-inch-wide wedges, keeping the layers intact. Transfer to the foil. Drizzle with 1 tablespoon of olive oil;

season with salt, pepper, and up to half the spice blend (you will have extra). Turn to coat; arrange in an even layer. Roast 14-16 minutes, or until tender when pierced with a fork. Remove from the oven.

While the onion roasts, add the pasta to the pot of boiling water. Cook, uncovered, 14-16 minutes, until tender. Turn off the heat. Drain thoroughly and return to the pot.

While the pasta cooks, wash and dry the fresh produce. Halve the green beans. Halve the tomatoes. Crumble the cheese. In a bowl, whisk together the creamy mustard sauce and vinegar; season with salt and pepper. Add 2 tablespoons of olive oil and whisk until smooth.

Fill a medium bowl with ice water; add a pinch of salt. Set aside. Add the halved green beans to the small pot of boiling water. Cook 2 to 3 minutes, or until bright green and slightly softened. Leaving the pot of water boiling, using a slotted spoon or tongs, drain and immediately transfer to the bowl of ice water. Let stand until cool, then drain thoroughly and pat dry with paper towels.

Add the eggs to the same small pot of boiling water. Cook 9 minutes. Drain; rinse under cold water 30 seconds to 1 minute to stop the cooking process. When cool enough to handle, peel the cooked eggs. Thinly slice; season with salt and pepper. To the pot of cooked pasta, add the halved tomatoes, shocked green beans, capers, crumbled cheese, roasted onion, and dressing; season with salt and pepper. Stir to combine. Serve the finished pasta topped with the seasoned eggs. Enjoy!



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