



SUMMER BEET PASTA

with Marinated Goat Cheese and Arugula



HELLO BEETS

This earthy root veggie is often pickled, used in salads and as a natural colouring agent!

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 580**

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| Fusilli | Pre-Cooked Beets | Garlic | Onion, chopped | Chives |
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| Rosemary | Baby Arugula | Goat Cheese | Balsamic Vinegar | Walnuts, chopped |

BUST OUT

- Grater
- Whisk
- Measuring Spoons
- Strainer
- Large Non-Stick Pan
- Medium Bowl
- Large Pot
- Strainer
- Garlic Press
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil

INGREDIENTS

2-person

- Fusilli 1 170 g
- Pre-Cooked Beets 250 g
- Garlic 10 g
- Onion, chopped 56 g
- Chives 10 g
- Rosemary 10 g
- Baby Arugula 56 g
- Goat Cheese 2 56 g
- Balsamic Vinegar 9 2 tbsp
- Walnuts, chopped 5 28 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

When cooking the pasta, starch is released into the water; that starchy pasta water helps to thicken this sauce, without adding extra ingredients!



1 PREP
Wash and dry all produce.* Bring a large pot of **salted water** to a boil. Mince or grate the **garlic**. Strip a few **rosemary leaves** from the stems and finely chop **1 tbsp**. Finely chop the **chives**. Roughly chop the **arugula**. Wearing kitchen gloves (if you have them, so you don't stain your hands), grate the **beets**.



4 MAKE SAUCE
Add a drizzle of **oil** to the same pan, then the **onions, garlic** and **remaining rosemary**. Cook, stirring occasionally, until the onions soften, 3-4 min. Meanwhile, when the **pasta** is tender, reserve **½ cup pasta water**, then drain the pasta and set aside.



2 MARINATE GOAT CHEESE
Meanwhile, add the **fusilli** to the boiling water and cook until tender, 10-12 min. In a medium bowl, whisk together **half the chives, half the rosemary, 1 tbsp vinegar** and **1 tbsp oil**. Season with **salt** and **pepper**. Add the **goat cheese** and gently stir to coat. Set aside.



5 FINISH SAUCE
Add **beets, fusilli, remaining vinegar** and **reserved pasta water** to the **onion-rosemary mixture**. Cook, stirring, until the sauce is warmed through and coats the pasta, 1-2 min. Remove the pan from the heat and add the **arugula**. Stir until wilted, 1-2 min.



3 TOAST WALNUTS
Heat a large non-stick pan over medium heat. Add the **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer walnuts to a plate and set aside.



6 FINISH AND SERVE
Divide the **pasta** between bowls. Spoon over the **marinated goat cheese**. Drizzle over the **remaining herb oil**, then sprinkle over the **walnuts** and **remaining chives**.

TASTY!

Toothsome and creamy are textures found throughout this dish!