

DINNERLY



Plant Chicken & Tortelloni Salad with Squash, Peas, and Parmesan



ca. 20min



2 Servings

Real talk: There's a clear pasta hierarchy. There's pasta. And then right above it is stuffed pasta. Like tortelloni. We devour some version of pasta salad on the regular, so we decided to stop messing around and make the ultimate, next-level pasta salad. And here it is. Cheesy tortelloni. Garlicky vinaigrette. Protein-rich plant chicken. Caramelized summer squash. Peas. Strips of Parmesan cheese. We've got you covered!

WHAT WE SEND

- 1 yellow squash
- 5 oz peas
- $\frac{3}{4}$ oz Parmesan ⁷
- 8 oz pkg plant-based chicken ⁶
- 9 oz cheese tortelloni ^{1,3,7}

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- garlic

TOOLS

- medium pot
- medium skillet
- colander

ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 890kcal, Fat 55g, Carbs 63g, Protein 45g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Peel and finely chop $\frac{1}{2}$ **teaspoon garlic**. Trim ends from **yellow squash**, halve lengthwise, then slice into $\frac{1}{4}$ -inch thick half-moons. Use a vegetable peeler to shave **all of the Parmesan**.

In a large bowl, whisk together **chopped garlic**, **1 tablespoon vinegar**, and **3 tablespoons oil**. Season with **salt** and **pepper**.



2. Cook plant-based chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **plant-based chicken** and cook until browned and heated through, 2–3 minutes. Transfer to bowl with vinaigrette.



3. Sear yellow squash

In same skillet, heat **1 tablespoon oil** over medium-high until shimmering. Add **squash** and cook, without stirring, until lightly browned on one side, about 2 minutes. Stir and cook until just tender, 1–2 minutes more. Transfer to bowl with **vinaigrette**, gently tossing to combine.



4. Cook tortelloni & peas

Add **tortelloni** and **peas** to boiling water. Cook until tortelloni is al dente, about 3 minutes. Drain, rinse with cold water, and drain well. Transfer to the bowl with **summer squash** and **vinaigrette**.



5. Finish & serve

Add **half of the shaved Parmesan** to **tortelloni salad**. Toss to combine; season to taste with **salt** and **pepper**. Serve, garnished with **a few grinds pepper** and **remaining shaved Parmesan**. Enjoy!



6. Make it ahead!

Prep the summer squash and make the vinaigrette ahead of time (hold them in the fridge separately) in order to speed things up come dinnertime!