

# DINNERLY



## **Creamy Tortelloni Primavera** with Broccoli, Carrots & Peas



20-30min



2 Servings

Eating your veggies has never been so easy. Broccoli, carrots, and peas come together effortlessly in this one-pot primavera. A nutty parmesan cheese sauce coats pillows of tender tortelloni for a little bit of decadence without the high-calorie price tag. We've got you covered!

## WHAT WE SEND

- 9 oz cheese tortelloni <sup>3,1,2</sup>
- garlic
- ½ lb broccoli
- 4 oz carrot
- 2 (¾ oz) pkts grated Parmesan <sup>1</sup>
- 2½ oz pkg peas

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- 1 cup milk <sup>1</sup>
- all-purpose flour <sup>2</sup>

## TOOLS

- large saucepan
- medium skillet

## ALLERGENS

Milk (1), Wheat (2), Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 660kcal, Fat 32g, Carbs 54g, Protein 32g



### 1. Cook tortelloni

Bring a large saucepan of **salted water** to a boil. Add **tortelloni** and cook until al dente, 3–4 minutes. Reserve **¾ cup pasta water**, then drain and return pasta to saucepan off heat. Toss with **1 teaspoon oil** to prevent sticking; cover to keep warm.



### 2. Prep veggies

Finely chop **1 teaspoon garlic**.

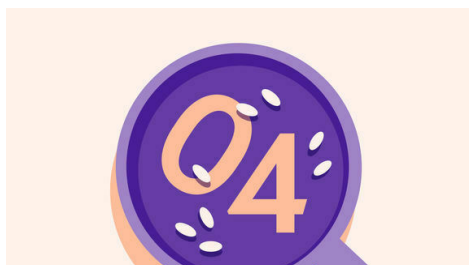
Trim stem ends from **broccoli**, then cut crowns into 1-inch florets.

Scrub **carrot**, then thinly slice into ¼-inch rounds.



### 3. Cook veggies

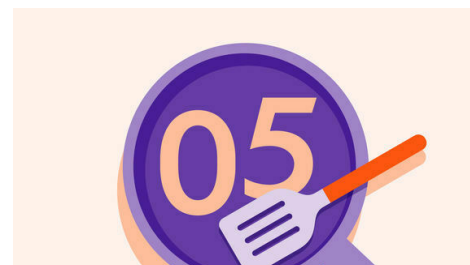
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli** and **carrots**; cover and cook, stirring occasionally, until tender and lightly browned in spots, about 3 minutes. Stir in **chopped garlic**; cook until fragrant, about 30 seconds. Season to taste with **salt** and **pepper**. Transfer to saucepan with **tortelloni**. Rinse and dry skillet.



### 4. Prep & cook cheese sauce

In a liquid measuring cup, whisk to combine **reserved pasta water**, **half of the Parmesan**, **1 cup milk**, and **1 tablespoon flour**.

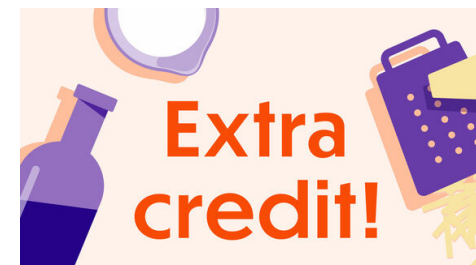
Add to same skillet over medium heat. Cook, whisking, until **sauce** is smooth and just thick enough to coat back of a spoon, about 3 minutes. Remove from heat and season to taste with **salt** and **pepper**.



### 5. Finish & serve

Add **peas** and **cheese sauce** to saucepan with **tortelloni broccoli**, and **carrots**. Stir until tortelloni and veggies are warmed through and well coated in sauce, about 1 minute.

Serve **tortelloni primavera** with **remaining Parmesan** on the side for sprinkling over top, as desired. Enjoy!



### 6. Crunch, crunch!

Toast up some breadcrumbs or panko, Italian style! Coat them in olive oil, season with salt and pepper, and toast in the oven until fragrant and golden-brown. Mix them with freshly chopped parsley and a few red pepper flakes for a little spice. Dust over the tortelloni for added textural bliss!