

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

- 1 pkg cheese tortelloni ^{3,1,2}
- garlic
- 4 oz broccoli
- 4 oz carrot
- 2 (¾ oz) pkts grated Parmesan ¹
- 2½ oz pkg peas

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- 1 cup milk ¹
- all-purpose flour ²

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**.

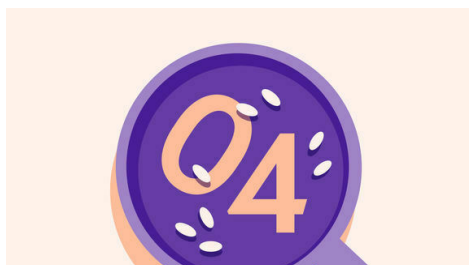
Trim stem ends from **broccoli**, then cut crowns into 1-inch florets.

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



3. Cook veggies

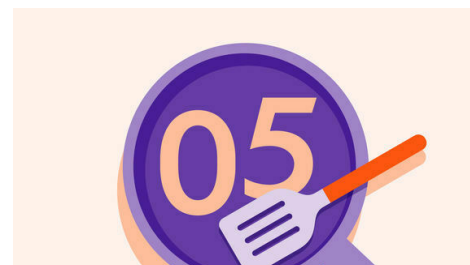
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli** and **carrots**; cover and cook, stirring occasionally, until tender and lightly browned in spots, about 3 minutes. Stir in **chopped garlic**; cook until fragrant, about 30 seconds. Season to taste with **salt** and **pepper**.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

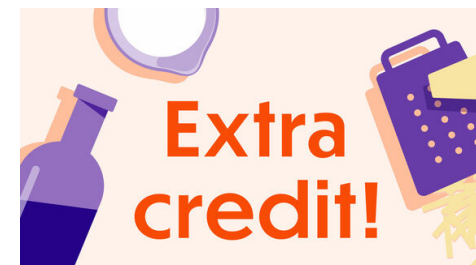
Add to same skillet over medium heat. Cook, whisking, until **sauce** is smooth and just thick enough to coat back of a spoon, about 3 minutes. Remove from heat and season to taste with **salt** and **pepper**.



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!