

#LetsCook30

ONE-POT PRIMAVERA

Servings: 4-6 **Ready:** 20 minutes

3 ½ cups	cold water
375 g	any short pasta
4 cloves	garlic, thinly sliced
2 tsp	salt
¾ tsp	black pepper
2 cups	broccoli florets
1 bunch	fresh asparagus, trimmed and chopped
1 ½ cups	frozen edamame (shelled)
1 pint	cherry tomatoes, sliced in half
3 tbsp	oil
1	zest of lemon
¾ cup	parmesan, finely grated plus more for serving
¼ cup	fresh basil, coarsely chopped (optional)

Nutrition Tip

To increase the fibre in this recipe, we used whole wheat pasta.

INSTRUCTIONS:

1. Put the water and pasta in a large pot with sliced garlic, salt, black pepper. Cover and bring to a boil, setting time for 10 minutes and stirring often.
2. Once boiling, uncover and cook.
3. When 5 minutes remain on the timer, stir in the broccoli. Cover the pot and bring everything back to the boil. (If the pasta starts to dry out at any point, add another ½ cup of hot water.)
4. When 3 minutes remain, stir in the asparagus and edamame, cover and bring to the boil.
5. When 2 minutes remain, stir in the tomatoes and oil. Cover and continue to cook for the 2 minutes. Then uncover and cook, stirring until the pasta is tender and the water is almost completely evaporated, about 1 minute more.

TIP:

If you can't find fresh asparagus, replace with two cups green beans.

Adapted from: One-Pot Pasta Primavera with Shrimp. Rhoda Boone. epicurious.com. Accessed 2019.

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1-877-464-9675
TTY 1-866-512-6228
york.ca/letscook30



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