

## Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet  
Baking Sheet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Sugar (Optional)  
Cayenne (Optional)

#### 5 MEEZ CONTAINERS

Walnuts  
Broccoli  
Rigatoni  
Lemon-Chai Vinaigrette  
Parmesan Cheese

### Make The Meal Your Own

**Kids and picky eaters** will be converted into broccoli lovers with this dinner. If any are skeptical, though, it is just as delicious with green peas.

**Omnivore's Option** – Sausage is a tasty addition to this recipe. Sauté it in a skillet while the broccoli is cooking and then slice and toss with the pasta.

### Good To Know

**If you're making the gluten-free version**, we've given you gluten-free pasta.

**If you're making the vegan version**, we've left the parmesan out of your meal.

**Health snapshot per serving** – 1060 Calories, 31g Protein, 9g Fiber, 34 Smart Points

**Lightened up snapshot** – 630 Calories, 45g Fat and 20 Smart points using half the cheese, walnuts and vinaigrette.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

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### 1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

### 2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

*Chef Max suggests cayenne, but if you don't have it, feel free to use your favorite chili flakes or chili powder.*

*Your nuts are done when the sauce begins to stick to them.*

### 3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

### 4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

### 5. Put It All Together

Add the broccoli to the rigatoni with half of the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**, plus more vinaigrette to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**