

Rotini with Basil Oil & Pecorino

So simple, so delicious. We're sautéing broccoli and cauliflower together with fresh grape tomatoes, then tossing it together with a fresh basil oil and pecorino cheese. Topped with marinated butter beans, it's a tribute to the Mediterranean the whole family will love.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Whole Grain Rotini
Pecorino Cheese
Grape Tomatoes
Broccoli & Cauliflower
Cannellini Bean
Marinade

INGREDIENTS: Cannellini Beans, Cauliflower, Broccoli, Rotini, Pecorino Cheese, Grape Tomatoes, Basil, Garlic

Make The Meal Your Own

Cooking with a picky eater? Keep the marinade beans to the side and let everyone add to taste.

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 out the cheese. Add an extra pinch of salt and pepper for extra seasoning.

Health snapshot per serving –400 Calories, 19g Protein, 6g Fat, 72g Carbs, 16 g Fiber, 11 Smart Points.

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

meez *meals*

1. Get Organized

Put a saucepan of water on to boil.

2. Marinate the Beans

Put the **Cannellini Bean Marinade** into a bowl and cover with olive oil. You could use as little as ¼ cup or as much as 1 cup. Let sit on the counter for at least 30 minutes.

The amount of oil is up to you. The marinade has great flavor, so you could use extra oil and save for another meal.

3. Cook the Veggies

Heat 2 Tbsp olive oil in a large skillet over medium high heat. Add the **Broccoli & Cauliflower**, and cook until lightly golden brown at the edges, about 7 to 10 minutes, stirring frequently.

Add the **Grape Tomatoes** and cook until the skin bursts and the edges turn golden brown, about 5 to 7 minutes.

Salt your water generously! Chef Max says it should taste like salt water!

4. Cook the Rotini

Once the veggies are cooking, get the pasta going. Salt the boiling water, then add the **Rotini**. Cook until al dente, about 7 to 10 minutes, then drain.

Salt your water generously! Chef Max says it should taste like salt water!

5. Put It All Together

Add the cooked rotini to the veggies and mix well. Add the marinated beans – but reserve the oil. Toss again, then add salt and pepper to taste. Serve topped with the **Pecorino Cheese** and as much of the marinade oil as you'd like. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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