

# Rotini with Basil Oil & Pecorino

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** *Super Easy*

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.

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan  
Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

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.

meezmeals

### 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.

### 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 10 to 12 minutes, then drain.

*Salt your water generously!*

### 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!

Instructions for two servings.

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