

Vegetable Primavera Rotini

Think red peppers and summer squash infused with a light basil cream sauce and you've got an idea of the magic of this dinner. With seared zucchini, toasted capers and crunchy pepitas, it's a restaurant-worthy dinner that's on the table in just 15 minutes.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Rotini
- Zucchini
- Capers & Pepitas
- Primavera Sauce
- Parmesan

Good to Know

Health snapshot per serving – 800 Calories, 35g Protein, 44g Fat, 73 Carbs, 27 Freestyle Points.

Lightened-Up Health snapshot per serving – 660 Calories, 33g Fat, 69 Carbs, 21 Freestyle Points using two-thirds of the sauce and two-thirds of the cheese.

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

INGREDIENTS: Rotini, Zucchini, Summer Squash, Red Onions, Bell Peppers, Basil, Parmesan, Cream, Pepitas, Capers, Garlic, White Pepper, Oregano, Vegetable Stock, Lemon Juice, Lemon Peel.

meez *meals*

1. Cook the Rotini

Bring a large saucepan of water to boil. Add the **Rotini** to the boiling water and cook until al dente about 8 to 10 minutes. Drain the water using a colander and combine with sauce and vegetables as described in step 4.

2. Sear the Zucchini

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Zucchini** and sauté until it starts to char, about 2 minutes. Remove the zucchini and set aside. Do not wipe out the skillet.

3. Cook the Capers & Pepitas

Return the now-empty skillet to the stove over medium high heat. Add the **Capers & Pepitas** and cook, stirring very frequently, until the pepitas brown and capers begin to pop, about 3 to 5 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

4. Warm the Sauce and Combine the Ingredients

Return the now-empty skillet to the stove over medium high heat. Add the **Primavera Sauce** and bring to a boil. Cook until the sauce thickens enough to coat the back of a spoon, about 3 minutes.

Reduce the heat to low and add the seared zucchini and cooked rotini (as soon as it is finished.)

5. Put It All Together

Transfer the contents of the skillet to serving bowls and top with the **Parmesan** and capers & pepitas. Enjoy!

Instructions for two servings.

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