

# 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

## Add Protein Cooking Instructions

**CHICKEN** - After cooking the veggies in Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Slice into strips and stir into the pasta in Step 5.

**STEAK** - After cooking the veggies in Step 3, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Slice into strips and stir into the pasta in Step 5.

**SHRIMP** - After cooking the veggies in Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the pasta in Step 5.

## 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.

**SCAN QR CODE  
to view YouTube  
cooking video**



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

*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 a ¼ cup as much as ¾ cup. Let sit on the counter for at least 20 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 3 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**