Pasta Primavera

Grocery List

* 2 ¾ C uncooked Gemelli Pasta
* ¼ C Unsalted Butter
* 1 Shallot, diced
* 2 cloves Garlic, chopped
* ¼ C Red Bell Pepper, diced
* 1 C Broccoli Florets, roughly chopped
* 1/3 C Baby Carrots, sliced
* 2 ½ Tbsp. AP Flour
* 1 ½ C 2 % Milk (+)
* 2 Tbsp. Heavy Cream (+)
* 3 Laughing Cow White Cheddar slices

\*1 – 2 Tbsp. Cream Cheese will also work

* ¼ Tsp. ground White Pepper
* ¼ Tsp. Black Pepper
* ¼ Tsp. dried Basil
* 1 Tbsp. Parmesan, grated
* 2 Tbsp. fresh Parsley, chopped
* Sea Salt

Prep Time: 10 Min

Cook Time: 25 – 30 Min



1. Fill a large sauce ¾ full with cold water and bring to a boil on high heat. Season liberally with sea salt and add the pasta. Cook to Al Dente according to package directions. Strain and set aside.
2. Using the same pan, melt the butter over medium heat. Add the garlic and shallot, cook 3 minutes stirring often.
3. Stir in the broccoli, carrot, and pepper. Season with a pinch of sea salt. Cover and cook 5 minutes stirring a couple times.
4. Stir in the flour and reduce heat to medium low. Continue stirring to prevent the flour from burning / browning. Cook 3 minutes before stirring in the milk and heavy cream.

\*\*I put a (+) next to the milk and cream because depending on the amount of sauce / thickness you desire. If your sauce is too thick, add a little more milk slowly stirring it until the thickness is where you would like it.

1. Increase heat to medium and bring to a boil stirring often. Stir in White Cheddar cream slices. Reduce heat to medium low and simmer 5 minutes stirring often to prevent sticking and burning.
2. Add the parsley, dried basil, white and black pepper, parmesan, and a pinch of sea salt. Stir in the pasta in 2 or 3 batches to evenly coat everything. Taste and adjust salt / pepper if necessary.
3. Transfer to a serving bowl and sprinkle with grated Parmesan.