



Pasta Primavera + Meal Prep with Chicken

(Vegetarian with modifications to add meat)



PREP TIME

15 MIN

COOK TIME

25 MIN

TOTAL TIME

40 MIN

SERVES

6-8



INGREDIENTS

- 10 ounces dry Penne Pasta
- Salt
- 4 tbsp olive oil, divided
- 1/2 lb. asparagus, woody ends removed and chopped into 1" pieces
- 1 cup sugar snap peas
- 1 cup broccoli florets
- 1 medium zucchini, halved and sliced
- 1 yellow squash, halved and sliced
- 1/2 cup green onions, chopped
- 4 cloves garlic, minced
- 1 carrot, shredded
- 1 red bell pepper, seeded and chopped
- 1 orange bell pepper, seeded and chopped
- 1 cup fresh or frozen peas
- 10 oz cherry tomatoes, halved
- Salt + Pepper, to taste
- 2 large lemon, juiced and divided
- 1 cup Parmesan cheese, shredded

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INSTRUCTIONS

Step One

Bring a large pot of water to a boil over high heat. Add 1-2 teaspoons of salt and the noodles to the water and cook noodles according to package instructions. Drain noodles and reserve 1 cup of the pasta cooking water. Set each aside.

Step Two

Meanwhile, heat 1 tablespoon of olive oil in a large pan or skillet over medium-high heat. Add the asparagus, snap peas, and broccoli and sprinkle with a small pinch of salt. Saute for 3-4 minutes, stirring frequently. Add the zucchini and yellow squash and continue to cook for 2-3 minutes or until the vegetables are tender, but not soft.

Step Three

Remove vegetables to a clean plate and set aside.

Step Four

Return the skillet to medium-high heat and drizzle with 1 more tablespoon of olive oil. Add the green onions and garlic and saute for 30 seconds, stirring continuously to prevent burning. Add the shredded carrot and bell peppers and mix well to combine. Cook for 3-4 minutes, stirring often.

Step Five

Add the cherry tomatoes, peas, a generous pinch of salt and pepper, and juice from one lemon. Mix well to combine. Cook for an additional 2 minutes.

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Optional Chicken

- 4 tsp boneless skinless chicken breasts
- 1/4 cup olive oil - divided
- 2 tsp salt - divided
- 1/2 tsp fresh ground black pepper
- 2 tsp sweet paprika - (optional)
- 2 tbsp fresh parsley - minced



Step Six

Add the additional vegetables back to the pan (asparagus, sugar snap peas, broccoli, zucchini, and yellow squash) and mix to combine.

Step Seven

Stir in the noodles and drizzle with the remaining olive oil. Toss with the parmesan cheese, additional lemon juice, pasta water (if needed), and fresh chopped parsley. Mix well to combine and serve warm.

To make the Chicken for Meal Prep

Step One

Preheat oven to 425° F and line a large baking sheet with parchment paper. Set aside.

Step Two

Transfer the chicken to a mixing bowl and drizzle with approximately 1 tbsp olive oil, salt, pepper, and paprika. Rub the olive oil and seasoning all over the chicken breasts.

Step Three

Transfer the chicken to your prepared baking sheet. Cook for approximately 20-22 minutes, or until internal temperature reads 160-165° F with a digital thermometer. Time will vary depending on the thickness of your chicken breast.

Step Four

Remove the cooked chicken from the oven and allow to rest for 5 minutes before sprinkling with fresh parsley and seasoning with salt and pepper, to taste.