



Pasta “Mannavera”

Servings

4

Calories

610

Prep Time

10 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

- 12 ounces rotini or other corkscrew pasta
- 1 (8 ounce) bag Mann's Stringless Sugar Snap Peas, cut in half
- ¼ cup extra virgin olive oil
- 4 large garlic cloves, thinly sliced
- ¼ teaspoon red pepper flakes
- 1 (10 ounce) bag Mann's Veggie Power Blend
- 1 pint cherry tomatoes, halved
- Salt & Pepper, to taste
- ½ cup roughly chopped fresh mint
- ½ cup grated parmesan cheese
- 4 ounces goat cheese, crumbled



The Method

Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions adding the sugar snap peas for the last minute of cooking.

Before draining, reserve ½ cup of the pasta water. Drain the pasta and vegetables and set aside in pot.

Next, heat the olive oil in a large skillet over medium high heat. Add the garlic and chili flakes and stir until fragrant, about 30 seconds. Add the Veggie Power Blend and sauté for 2 minutes. Add the tomatoes and cook for another 2 minutes. Add the reserved pasta water, season with salt and pepper and pour the mixture over the pasta and snap peas. Add the mint, parmesan and crumbled goat cheese and toss to combine. Season with additional salt if necessary.



Pasta “Mannavera”

Nutrition Facts

Serving Size 311g | Servings: 4

Amount Per Serving

Calories 610 | Total Fat 25g (sat fat 8g trans 0g) | Cholesterol 45mg | Sodium 340mg | Total Carbohydrate 74g | Dietary Fiber 3g |
Sugars 4g (Includes 0g Added Sugars) | Protein 22g | Vitamin D 0% | Calcium 15% | Iron 20% | Potassium 10%