



Creamy One-Pot Kohlrabi “Linguine” with Asparagus and Peas

Servings

2

Calories

540

Prep Time

10 minutes

Total Time

35 minutes

Skill Level

Easy

Ingredients

- 2 tablespoons butter
- 1 onion, finely diced
- ½ pound asparagus, trimmed and cut into 2 inch lengths
- ½ (8 ounce) package MANN™ Stringless Sugar Snap Peas
- 2 garlic cloves, minced
- ¾ cup heavy cream
- ½ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 1 (10 ounce) package MANN™ Kohlrabi “Linguine”
- ½ cup finely grated Parmesan, plus more for topping
- 2 tablespoons roughly chopped basil



The Method

1. In a large skillet, melt butter over medium heat. Add onion and saute until translucent, 6-8 minutes. Add asparagus and Stringless Sugar Snap Peas and saute until vegetables are bright green and crisp tender, about 5 minutes more.
2. Add garlic to pan and saute until fragrant. Add cream, salt, and pepper and bring to a simmer. Reduce heat to low and cook gently until cream thickens slightly. Add MANN™ Kohlrabi “Linguine” and Parmesan and toss gently to combine.
3. Serve sprinkled with basil and extra Parmesan

Nutrition Facts

Serving Size 1 ½ cups | Servings: 2

Amount Per Serving

Calories 540 | Total Fat 50g (sat fat 31g trans 2g) | Cholesterol 150mg | Sodium 990mg | Total Carbohydrate 27g | Dietary Fiber 9g | Sugars 12g (Includes 0g Added Sugars) | Protein 15g | Vitamin D 10% | Calcium 25% | Iron 20% | Potassium 20%