



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF CHINA*

2 TBSP. FLAVORING

Black Bean Sauce

OR



OYSTER SAUCE HOISIN SAUCE DARK CHINESE SOY SAUCE BLACK RICE VINEGAR

2 CUPS VEGETABLES

Chopped Red Bell Peppers

OR



SLICED CHINESE EGGPLANT SLICED CARROTS TRIMMED SNOW PEAS



CANNED, SLICED BAMBOO SHOOTS, RINSED CHOPPED YELLOW ONION

1 TBSP. OIL

Vegetable Oil

OR



PEANUT OIL CANOLA OIL SAFFLOWER OIL TOASTED SESAME OIL

1/2 tsp. SPICE

Five Spice Powder

OR



CRACKED PEPPERCORNS DRIED WHOLE RED CHILES GROUND WHITE PEPPER CHINESE CINNAMON (CASSIA)



2 TBSP. TOPPINGS

Sliced Scallions

OR



CHOPPED CHIVES CHOPPED DRY-ROASTED PEANUTS CHOPPED CILANTRO

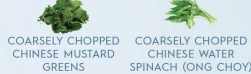
2 CUPS GREENS

Chinese Broccoli (Gai Lan), Cut Into 2-Inch Pieces

OR



CHOPPED CABBAGE BABY BOK CHOY, HALVED PEA SPROUTS



COARSELY CHOPPED CHINESE MUSTARD GREENS COARSELY CHOPPED CHINESE WATER SPINACH (ONG CHOY)

1 TBSP. BASE FLAVOR

Finely Chopped Garlic

OR



FRESHLY GRATED GINGER CHOPPED SHALLOTS MANDARIN ORANGE ZEST

1 LB. PROTEIN

Thinly Sliced Pork Tenderloin

OR



THINLY SLICED LEAN FLANK STEAK THINLY SLICED BONELESS, SKINLESS CHICKEN BREAST CUBED EXTRA FIRM TOFU

1 BOX PASTA

Barilla® Spaghetti

OR



BARILLA® COLLEZIONE PENNE BARILLA® GEMELLI BARILLA® VEGGIE PENNE



BARILLA® COLLEZIONE CASARECCE BARILLA® WHOLE GRAIN LINGUINE



Each recipe makes 6-8 servings

1. Pick your favorite PASTA; cook one minute less than packaging directions. Drain; reserve 1/2 cup pasta water.
2. Combine SPICE with 1 Tbsp. dry sherry or water, 1/4 tsp. baking soda and PROTEIN in small bowl; set aside to marinate 5 minutes.
3. Heat 1-1/2 tsp. OIL in large skillet over medium-high heat. Add marinated PROTEIN; cook undisturbed 2 minutes or until lightly browned. Cook and stir 2-3 minutes until done. Transfer to clean plate.

4. Heat remaining OIL in same skillet over medium-high heat. Add BASE FLAVOR; cook 30 seconds or until fragrant. Add VEGETABLES; cook until tender-crisp. Add GREENS, FLAVORING and reserved pasta water; cook until most liquid is evaporated and GREENS are wilted.
5. Stir in PROTEIN and PASTA; toss to coat. Adjust seasoning with salt and pepper to taste.
6. Garnish with TOPPINGS.

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*Beyond the Italian, Mediterranean diet, Barilla chefs also use their knowledge and inspiration from working in kitchens all over the world to develop these recipe builders, inspired by healthy global cuisines.