



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF JAPAN* ●

1/4 CUP TOPPINGS

Ikura (Cured Salmon Roe)

OR



2 CUPS VEGETABLES

Frozen Shelled Edamame

OR



1 LB. PROTEIN

Cubed Raw Boneless Sashimi Grade Tuna or Salmon

OR



1 TBSP. FLAVORING

Wasabi Paste

OR



3 TBSP. BASE FLAVOR

Ponzu Sauce (Japanese Citrus Seasoned Soy Sauce)

OR



1 BOX PASTA

Barilla® Whole Grain Spaghetti

OR



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 BASE FLAVOR, FLAVORING and PROTEIN in medium bowl; set aside 5 minutes to marinate.
3. Meanwhile, heat large skillet lightly sprayed with non-stick cooking spray over medium heat. Add VEGETABLES to skillet; cook until tender-crisp. Add PROTEIN; cook stirring frequently until done.
4. Add PASTA and reserved pasta water; cook until most liquid is absorbed. Adjust seasoning with salt and pepper to taste.
5. Remove skillet from heat; adjust seasoning with salt and pepper to taste. 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.