



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF CHINA*

EACH RECIPE SERVES 6-8

1. Pick your favorite PASTA; cook one minute less than package directions. Drain; reserve 1/2 cup of pasta water.
2. Combine SPICE with 1 TBSP. dry sherry or water and 1/4 tsp. cornstarch.
3. Add PROTEIN to small bowl with SPICE mixture; set aside to marinate for 5 minutes.
4. Heat half the OIL in large skillet over medium-high heat. Add marinated PROTEIN; cook until lightly browned. Transfer PROTEIN to clean plate.
5. Heat remaining OIL in same skillet. Add BASE FLAVORING; cook until fragrant.
6. Add VEGETABLES; cook until tender-crisp.
7. Add GREENS and stir.
8. Add FLAVORING and reserved pasta water. Adjust seasoning with salt and pepper, to taste; stir and cook until liquid is mostly evaporated and GREENS are wilted.
9. Add PROTEIN and PASTA; toss to coat. Garnish with TOPPINGS.

8

2 TBSP. FLAVORING
BLACK BEAN SAUCE
OR



HOISIN SAUCE



DARK CHINESE SOY SAUCE



BLACK RICE VINEGAR



6

2 CUPS VEGETABLES
RED BELL PEPPERS, CHOPPED
OR



CHINESE EGGPLANT, SLICED



CARROTS, SLICED



SNOW PEAS, TRIMMED



CANNED BAMBOO SHOOTS, RINSED & SLICED



9

2 TBSP. TOPPINGS
SCALLIONS, SLICED
OR



CHIVES, CHOPPED



DRY ROASTED PEANUTS, CHOPPED



CILANTRO, CHOPPED

7

2.5 CUPS GREENS
GAI LAN, (CHINESE BROCCOLI) CUT INTO 2 INCH PIECES
OR



CABBAGE, CHOPPED



BABY BOK CHOY, HALVED



PEA SPROUTS



ONG CHOY (CHINESE WATER SPINACH), CHOPPED

5

2 TBSP. BASE FLAVORING
GARLIC, FINELY CHOPPED
OR



GINGER, FRESHLY GRATED



SHALLOTS, CHOPPED



YELLOW ONION, SLICED



4

3 TBSP. OIL
VEGETABLE OIL
OR



PEANUT OIL



CANOLA OIL



SAFFLOWER OIL



TOASTED SESAME OIL



3

1 LB. PROTEIN
PORK TENDERLOIN, THINLY SLICED
OR



LEAN FLANK STEAK, THINLY SLICED



CHICKEN BREAST, BONELESS & SKINLESS, THINLY SLICED



EXTRA FIRM TOFU, PRESSED & CUBED



2

1/2 tsp. SPICE
5 SPICE POWDER
OR



BLACK PEPPER, GROUND



DRIED WHOLE RED CHILIS



WHITE PEPPER, GROUND



CASSIA (CHINESE CINNAMON)



1

1 BOX OF PASTA
BARILLA® SPAGHETTI
OR



BARILLA® ORZO



BARILLA® COLLEZIONE SPAGHETTI



BARILLA® FETTUCINE



BARILLA® WHOLE GRAIN LINGUINE



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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.