



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF ITALY*

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. Meanwhile, heat OIL in large skillet over medium-high.
3. Add BASE FLAVORING; cook until softened.
4. Increase heat to medium-high. Add PROTEIN; cook stirring frequently until done.
5. Add VEGETABLES and reserved pasta water; cook until softened. Add PASTA; cook 2-3 min. until heated through. Adjust seasoning with salt and pepper to taste.
6. Remove skillet from heat; add CHEESE, DAIRY & OTHER FATS.
7. Garnish with HERBS.

6

1/4 CUP CHEESE, DAIRY & OTHER FATS

GRATED PARMIGIANO REGGIANO

OR



7

1/4 CUP HERBS

CHOPPED BASIL

OR



5

2 CUPS VEGETABLES

THINLY SLICED ASPARAGUS

OR



4

12 OZ. PROTEIN

MEDIUM SHRIMP, SHELLED, DEVEINED

OR



3

1/4 CUP BASE FLAVORING

SLICED GARLIC (2 CLOVES)

OR



2

1/4 CUP OIL

EXTRA VIRGIN OLIVE OIL

OR



1


1 BOX PASTA

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OR



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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.