

Cacio e Pepe Pasta with Scallops & Asparagus

Cacio e pepe is a delicious, elegant dish that couldn't be simpler. Our fresh spaghetti is tossed in a savory pan sauce of grated Italian cheese and Parmesan butter and topped with pan-seared scallops, asparagus, and sweet peas. Cracked black pepper and fresh arugula are the finishing touches on this satisfying gourmet meal.

Ingredients

- Dry scallops **Sf**
- Fresh spaghetti **E W**
- Garlic Parmesan butter **M**
- Peas
- Asparagus
- Italian cheese blend **M**
- Arugula

Allergens

E Eggs **M** Milk **W** Wheat **Sf** Shellfish

Supplies to Gather

- Pasta pot (4 quarts)
- Nonstick saute pan (12 inches)
- Kitchen knife & cutting board
- Pasta strainer
- Kitchen tongs
- Plate
- Paper towels
- Salt & pepper
- Cooking oil

Did You Know?

Cacio e pepe translated from Italian means "cheese and pepper." The dish is prepared by using the starchy pasta water to emulsify with Parmesan cheese and fresh-cracked black pepper to create a simple, yet delicious pan sauce.



720

Calories
Per Serving



Hall of
Fame



Not Spicy

Let's Get Started!

Fill a pasta pot with water, place it onto the stovetop, and bring it to a boil. Season the water with a large pinch of salt.



Step 1

- Rinse and pat dry your fresh produce. Trim and discard the woody bottoms from the **asparagus**, then slice into bite-size pieces.
- Place the **scallops** onto paper towels and thoroughly pat dry. Season with salt and pepper.
- Add the **fresh spaghetti** to the pot of boiling water and stir to prevent the pasta from sticking together. Cook for 4-6 min, or until cooked to your desired doneness. Reserve **½ cup of pasta cooking water** before straining.



Step 2

- Meanwhile, place a nonstick saute pan onto the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** add the **scallops**. Cook for 2 min, without moving, to lightly brown.
- Use tongs to turn the scallops over and cook for 90 additional sec. Spoon the seared scallops onto a plate and set aside.



Step 3

- Return the saute pan to the stovetop and set the heat to **medium**. When the oil is hot, **carefully** add the **asparagus**. Cook for 2-3 min, stirring occasionally.
- Add the **peas** and **garlic Parmesan butter** into the pan with the reserved **½ cup of pasta cooking water**. Gently stir together until the butter has nearly melted. Season generously with black pepper as desired.
- Strain the **fresh spaghetti** and transfer it into the saute pan. **Turn off the heat**. Add the **Italian cheese blend** and gently stir until the sauce has coated the spaghetti. Return the **scallops** to the pan, add the **arugula**, and gently mix together.



Let's Plate!

Divide the cacio e pepe with pan-seared scallops and asparagus between serving bowls, using tongs to twist the spaghetti into tight nests and place into the bowls.

▶ Please Note:

Cooking times may vary due to different appliances and temperatures. **Adjust cooking times accordingly.**

When adding ingredients to a hot pan **always be careful of any oil splatter.**