



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF INDIA*

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. Meanwhile, heat OIL in large skillet over medium heat.
3. Add TOASTING SPICE to skillet for 2-3 minutes until fragrant
4. Add BASE FLAVORING and stir.
5. Immediately following, add GROUND SPICE to skillet; cook until softened.
6. Add PROTEIN; cook, stirring frequently, until done.
7. Add VEGETABLES. Adjust seasoning with salt and pepper, to taste. Add reserved pasta water; cook 5-7 minutes stirring occasionally until cooked through. Add PASTA and toss.
8. Remove skillet from heat. Stir in CHEESE, DAIRY, & OTHER FINISHING TOUCHES.

8

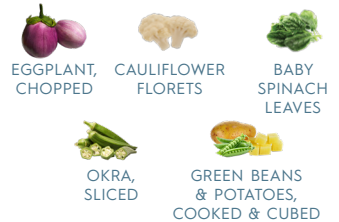
2 TBSP. CHEESE, DAIRY & OTHER FINISHING TOUCHES
FAT-FREE PLAIN YOGURT
OR



UNSWEETENED FLAKED COCONUT HEAVY CREAM DRY-ROASTED PEANUTS, CHOPPED CASHEWS, ROASTED

7

2 CUPS VEGETABLES
CANNED TOMATOES, CRUSHED
OR



EGGPLANT, CHOPPED CAULIFLOWER FLORETS BABY SPINACH LEAVES
OKRA, SLICED GREEN BEANS & POTATOES, COOKED & CUBED

6

12 OZ. PROTEIN
CANNED CHICKPEAS, DRAINED
OR



COOKED LENTILS FIRM WHITE FISH, CUBED PANEER, CUBED CHICKEN THIGHS, BONELESS & SKINLESS, CUBED

5

2 tsp. GROUND SPICE
GARAM MASALA
OR



GROUND TURMERIC GROUND CINNAMON MADRAS CURRY POWDER GROUND CAYENNE POWDER

4

1 TBSP. BASE FLAVORING
GINGER, GRATED
OR



ONION, DICED GARLIC, CHOPPED FRESH GREEN CHILIES, CHOPPED

3

1 TBSP. TOASTING SPICE
MUSTARD SEEDS
OR



CORIANDER SEEDS CUMIN SEEDS

2

2 TBSP. OIL OR BUTTER
GHEE (CLARIFIED BUTTER)
OR



VEGETABLE OIL VIRGIN UNREFINED COCONUT OIL

1

1 BOX OF PASTA
BARILLA® FARFALLE
OR



BARILLA® ROTINI BARILLA® PENNE BARILLA® FETTUCCINE
BARILLA® COLLEZIONE RIGATONI BARILLA® GEMELLI

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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.