



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF THE MIDDLE EAST*



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 SPICE.
4. Add VEGETABLES. Adjust seasoning with salt and pepper, to taste. Cook until VEGETABLES are softened; Add PASTA and reserved cooking water to skillet; continue cooking until most of the liquid is absorbed.
5. Stir in PROTEIN; toss to combine.
6. Stir in FLAVORING; toss to combine and heat through.
7. Remove skillet from heat; Add CHEESE, DAIRY & OTHER FINISHING TOUCHES.
8. Garnish with TOPPINGS.

8

2 TBSP. TOPPINGS
POMEGRANATE SEEDS, FRESH
OR



CILANTRO, CHOPPED



PARSLEY, CHOPPED



CHIVES, CHOPPED



DRIED APRICOTS, CHOPPED



MINT, CHOPPED

6

2 TBSP. FLAVORING
PRESERVED LEMONS, CHOPPED
OR



TAHINI



GREEN SCHUG (HERBAL HOT SAUCE)



HARISSA



POMEGRANATE MOLASSES

7

1 TBSP. CHEESE, DAIRY & OTHER FINISHING TOUCHES
PISTACHIOS, CHOPPED
OR



PINE NUTS, TOASTED



SESAME SEEDS, TOASTED



ALMONDS, TOASTED & SLIVERED



LABNEH (STRAINED YOGURT)



FETA CHEESE, CRUMBLed

5

12 OZ. PROTEIN
CANNED CHICKPEAS, DRAINED
OR



KAFTA COOKED (MEATBALLS)



CHICKEN SHAWARMA (SEASONED, SPIT ROASTED MEAT)



GRILLED CHICKEN BREAST, THINLY SLICED



GROUND LAMB, BROWNED & DRAINED

4

1 CUP VEGETABLES
RED ONION, CHOPPED
OR



CANNED ARTICHOKE HEARTS, DRAINED & QUARTERED



YELLOW ONION, CHOPPED



RED PEPPER, ROASTED & SLICED

3

1 TBSP. SPICE
Z'A'ATAR SPICE MIX
OR



SMOKED PAPIKA



RAS EL HANOUT (SPICE MIX)



HAWAII (SPICE MIX)



SUMAC



GROUND CUMIN

2

1 TBSP. OIL
EXTRA VIRGIN OLIVE OIL
OR



SCHMALTZ (RENDERED CHICKEN FAT)



VEGETABLE OIL



CLARIFIED BUTTER



CANOLA OIL

1

1 BOX OF PASTA
BARILLA® ORZO
OR



BARILLA® CAMPANELLE



BARILLA® FARFALLE



BARILLA® GEMELLI



BARILLA® COLLEZIONE CASARECCE



BARILLA® FIDEO CUT SPAGHETTI

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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.