



## Creamy Tahini and Roasted Red Pepper Spaghetti

Ready: 30-40 min   Serves: 2   700 calories

Tahini is a paste with a nutty, earthy flavor, made from ground sesame seeds. It is most commonly used in Mediterranean cuisine, whisked into dressings, sauces, or spreads. We've created a new favorite use, turning it into spaghetti sauce. The depth of flavor here comes from additions of soy sauce and maple syrup; try it and you'll see what we mean!



## 1. Prepare Ingredients

Preheat oven to 450°F. Bring a large pot of water to a boil over high heat. Rinse **bell peppers** and halve lengthwise, discarding seeds. Cut into ¼-inch slices. Peel **onion**, halve, and thinly slice. Halve **lemon**. Rinse **parsley** and finely chop leaves, discarding stems.



## 4. Cook Spaghetti

Add **spaghetti** and a **generous pinch salt** to pot of boiling water. Allow water to return to a boil, then cook until spaghetti is tender and chewy, about 2 minutes. Reserve **1 cup pasta cooking water**, then drain.



## 2. Roast Vegetables

On a baking sheet, toss **bell peppers** and **onion** with **1 tablespoon olive oil**, **salt** and **pepper**. Arrange in a single layer and roast until softened, about 12 minutes.



## 5. Season Spaghetti

Add **tahini sauce** to pot from spaghetti over medium heat. Cook to warm through, about 2 minutes. Add **roasted vegetables** and **spaghetti** and stir to combine, about 2 minutes. Remove pot from heat and add **reserved pasta cooking water**, 1 tablespoon at a time, until sauce clings to noodles. Taste and add **salt** and **pepper** as needed.






## 3. Make Tahini Sauce

While vegetables roast, in a medium bowl, whisk together **tahini paste**, **yogurt**, **sweet paprika**, **soy sauce**, **maple syrup**, and **3 tablespoons warm water**. Add **juice of ½ lemon** and stir to combine. Taste and add **salt** and **pepper** as needed. Use remaining lemon to brighten a glass of water.



## 6. Plate Pasta

Divide **spaghetti** evenly between 2 bowls. Garnish with **sesame seeds** and **parsley** and serve.

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## Ω- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

Starchy pasta cooking water will give your sauce a perfect consistency and help it to cling to the noodles. Use more than you think you need until the sauce is silky.

## Φ- INGREDIENTS

- 1 pound red bell peppers
- 1 yellow onion
- 1 lemon
- ¼ bunch parsley
- ¼ cup tahini paste
- 1 container non-fat Greek yogurt
- 1 teaspoon sweet paprika
- 1 packet soy sauce
- ½ tablespoon maple syrup
- 8 ounces fresh spaghetti
- 1 tablespoon black sesame seeds

## Ψ- YOU'LL NEED

- large pot
- baking sheet
- 1 tablespoon olive oil
- 3 tablespoons water + more for pasta
- kosher salt
- black pepper

Seasoning your food is the most crucial step in imparting flavor. Taste and add salt and pepper accordingly and as directed during cooking.