

KIDS COOKING LOCAL VIRTUAL

WEEK OF DECEMBER 1 – 4, 2020

ITEMS IN THE KCL BAG

- Penne pasta
- Chicken broth

Produce and Dairy:

- Lemon - 1
- Mizuna – 1 bunch
- Basil – 1 bunch
- Tomato - 1
- Shallot - 1
- Garlic bulb - 1



Penne pasta with mizuna & tomato

Demonstration by Chef Adam Gilbert of Plantation Tavern

Find the link to the video on this page: <https://www.hawaiiagfoundation.org/kids-cooking-local/>

After cooking with your virtual chef, please fill out the post-cooking survey:
<https://forms.gle/g332vheGgA5mhj6M7>

Ingredients:

- 8 ounces penne pasta
- Olive oil
- 1 lemon, zest
- 2 cups Farm fresh mizuna or any leafy green, washed
- ¼ cup Farm fresh basil, chopped
- 2 cloves garlic, chopped
- 1 bulb shallot, thinly sliced (purple onion/ small onion)
- 1 cup Farm fresh tomato, diced
- 1 teaspoon crushed pepper (optional)
- Salt & pepper to taste
- 2 ounces chicken broth
- ¼ cup feta cheese or parmesan cheese (optional)

Boil 6 cups of water with 1 tablespoon of salt. Add the penne pasta and cook until al dente. Strain and place on the side. Heat a sauté pan to medium heat. Sauté the sliced shallots and garlic. When fragrant and turning transparent, add the tomato, crushed red pepper, and lemon zest. Cook until the liquid has mostly evaporated. Add the chicken broth. Cook for an additional 2 minutes on medium heat, then add the penne and toss. Add the mizuna, basil and season with salt and pepper. Toss until everything is well incorporated.

Plate pasta and top with crumbled feta cheese or parmesan cheese and a drizzle of olive oil.