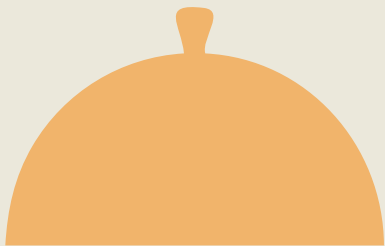


**PASTA  
LA  
VISTA**



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**Make Your Own Pasta**

PENNE



THANK YOU

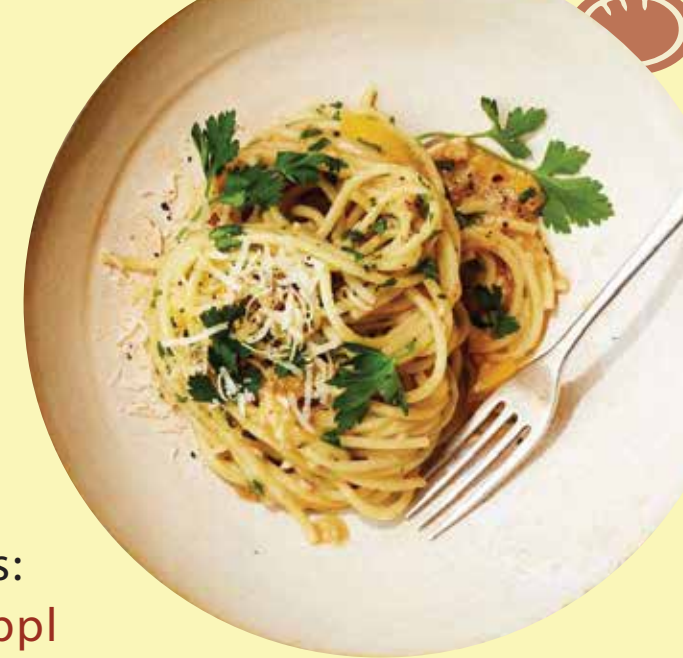
# Creamy Lemon Pasta with Pistachios



Prep Time:  
20 MINS

Total Time:  
25 MINS

Servings:  
4 ppl



## INGREDIENTS

- 2 lemons
- 2 slices white sandwich bread
- 6 tablespoons unsalted butter, room temperature
- 2 large eggs plus 2 large yolks
- 2 tablespoons heavy cream
- 2 cups finely grated Parmesan (4 ounces), plus more for serving
- Kosher salt and freshly ground pepper
- 12 ounces spaghetti
- Chopped pistachios and chives (optional), for serving

1. Grate 2 1/2 teaspoons zest from lemons, then remove remaining zest in long strips with a vegetable peeler. Slice zest thinly. Squeeze 2 teaspoons of juice from 1 lemon
2. In a food processor, pulse bread into very coarse breadcrumbs. Melt 2 tablespoons butter in a small skillet over medium-high heat. Add breadcrumbs and 1 teaspoon grated zest. Cook, stirring, until crumbs are golden and crisp, about 3 minutes. Remove from pan; let cool completely
3. In a large bowl, whisk together eggs, yolks, cream, cheese, and remaining 1 1/2 teaspoons grated zest.
4. Bring a large pot of salted water to a boil. Add pasta and cook until al dente, about 2 minutes less than package directions. Drain, reserving 1 cup pasta water.
5. Add pasta to bowl with cheese mixture. Season with a generous amount of pepper and some salt. Add remaining 4 tablespoons butter and lemon juice; toss until a creamy sauce forms.

## INSTRUCTIONS

# GNOCCHI



## INGREDIENTS

- 6 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 large eggplant, stem removed, cut into ½-inch pieces
- Kosher salt and freshly ground pepper
- 4 cloves garlic, minced
- 1/8 teaspoon red-pepper flakes
- large tomatoes (3 to 4), cored and diced
- 450g fresh or frozen gnocchi
- ¼ cup thinly sliced fresh basil leaves, plus more for serving
- ½ cup ricotta

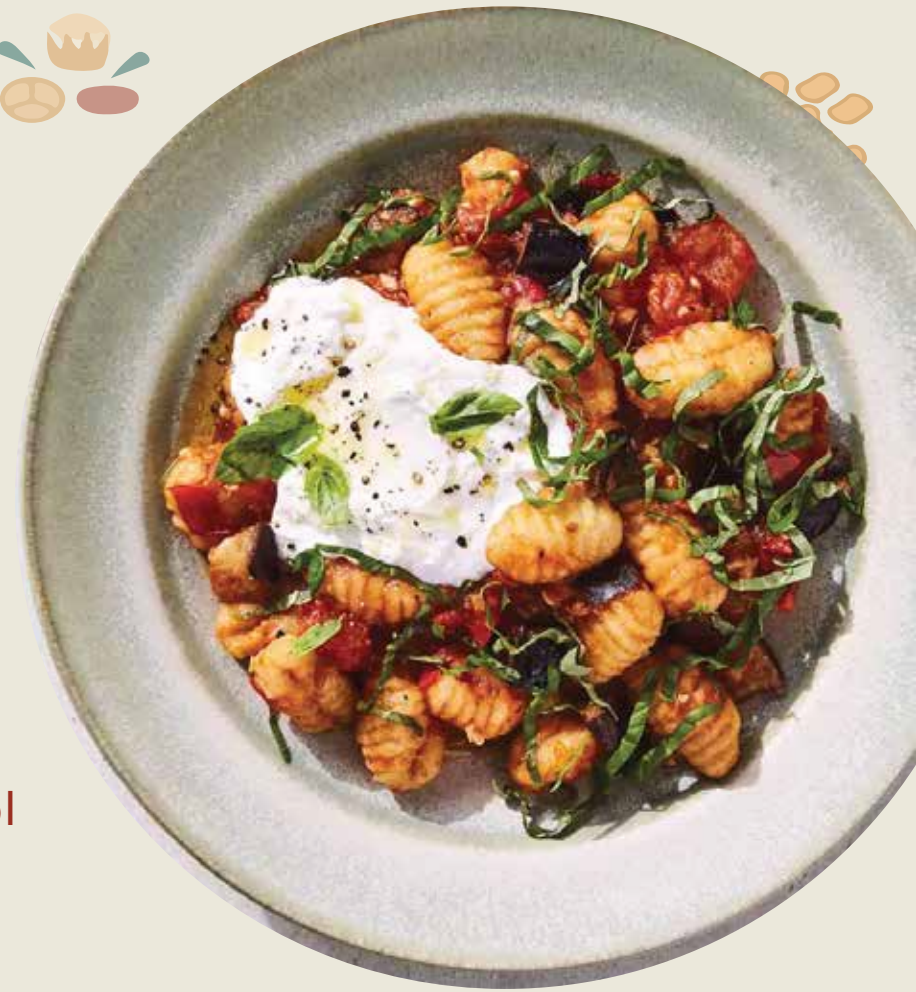
Heat 1/4 cup oil in a large skillet over medium. Add eggplant, season generously with salt, cover, and cook, stirring occasionally, until tender, about 10 minutes. Transfer to a plate.

Add remaining 2 tablespoons oil to skillet over medium heat. Add garlic and red-pepper flakes and cook, stirring, until fragrant, 1 minute. Add tomatoes and simmer, stirring, until slightly thickened, 5 minutes. Return eggplant with any juices to skillet; season with salt. Add gnocchi in a single layer atop eggplant, cover, and cook until tender, 6 to 8 minutes (or, if using frozen, about 1 minute more). Sprinkle with basil and serve, topped with a spoonful of ricotta, more basil leaves, pepper, and a drizzle of olive oil.

Prep Time:  
20 MINS

Total Time:  
35 MINS

Servings:  
4 ppl



A hearty but not-too-heavy, one-skillet summer dinner that's vegetarian too. Storebought gnocchi cook atop an eggplant and tomato sauce. Red pepper flakes give the dish a touch of heat that's tempered by creamy ricotta when served.

## INSTRUCTIONS





# Lemony Linguine with Spring Vegetables

## INGREDIENTS

- 8 ounces whole-wheat linguine or fettuccine
- 4 cloves garlic, thinly sliced
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 3 ½ cups water
- 1 9-ounce package frozen artichoke hearts
- 6 cups chopped mature spinach
- 2 cups peas, fresh or frozen
- ½ cup grated Parmesan cheese, divided
- ¼ cup half-and-half
- 1 tablespoon lemon zest
- 3-4 tablespoons lemon juice

Prep Time:  
30 MINS

Total Time:  
30 MINS

Servings:  
4 ppl



1. Combine pasta, garlic, salt and pepper in a large pot. Add water. Bring to a boil over high heat. Boil, stirring frequently, for 8 minutes.
2. Stir in artichokes, spinach and peas and cook until the pasta is tender and the water has almost evaporated, 2 to 4 minutes more.
3. Remove from heat and stir in 1/4 cup cheese, half-and-half, lemon zest and lemon juice to taste. Let stand, stirring occasionally, for 5 minutes. Serve sprinkled with the remaining 1/4 cup cheese.

## INSTRUCTIONS

# CANNELLONI

## INGREDIENTS

- 2 tablespoon olive oil extra virgin
- 3 cloves garlic minced
- 12.5g chopped basil leaves fresh
- ½ teaspoon dried oregano
- 1.5x14oz/400g canned tomatoes good quality
- ¼ teaspoon salt
- 250g/8 oz full fat ricotta
- 125g/4 oz frozen and thawed, then well drained spinach
- 50g/1/2 cup Parmesan cheese
- 50g/1/2 cup Cheddar cheese, extra mature
- 260g/9oz fresh mozzarella
- 1 egg
- Salt and pepper

1. Preheat the oven to 180C/350F.
2. Heat a tablespoon of olive oil in a pan and add minced garlic, tomato passata, chopped or sliced basil leaves and dried oregano with a pinch of salt and sugar, bring to a boil, then reduce the heat and simmer for 10 minutes.
3. In a medium bowl combine the ricotta cheese, chopped spinach, vegetarian hard cheese and vegetarian Cheddar cheese, salt and pepper to taste, then mix in 1 egg.
4. Cover the bottom of a square 9X9 inch casserole dish with the tomato basil sauce about ¼ inch deep.
5. Transfer the ricotta mixture to a large piping bag or a sandwich bag, then snip the tip with scissors. Fill each cannelloni tube with the cheese mixture and arrange the filled cannelloni on top of the sauce in the pan in a single layer.
6. Cover with the remaining sauce and top with torn up fresh mozzarella, add a few basil leaves on top. Cover and bake for 25 minutes, uncover and cook for 10 minutes longer until the cheese is bubbly. Let it rest for 15 minutes before serving.

## INSTRUCTIONS

Prep Time:  
15 MINS

Total Time:  
35 MINS

Servings:  
6 ppl

A hearty but not-too-heavy, one-skillet summer dinner that's vegetarian too. Storebought cannelloni cook atop an spinach riccota and tomato sauce. Red pepper flakes give the dish a touch of heat that's tempered by creamy ricotta when served.





# Tofu & Vegetable Curry with Zucchini Noodles

## INGREDIENTS

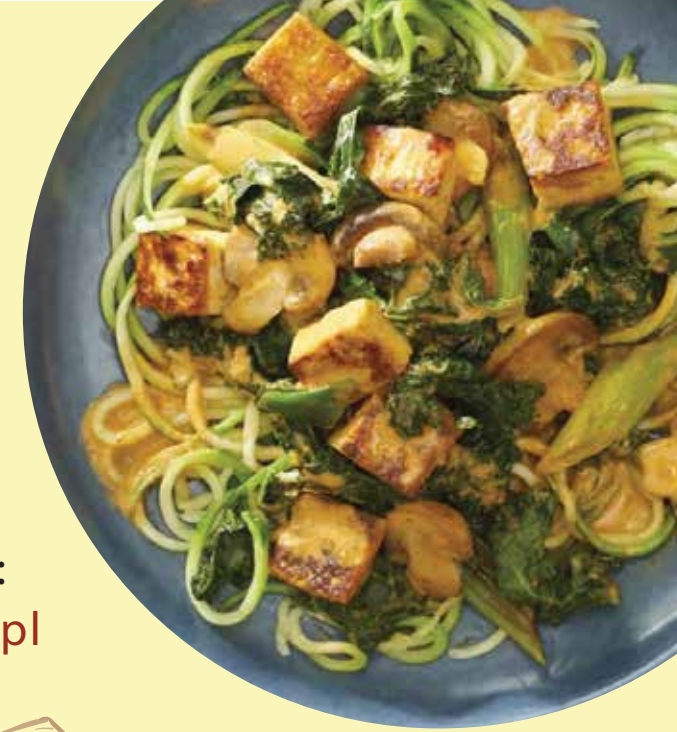
- 1 ½ cups farro
- 6 tablespoons olive oil, divided
- 1 large sweet potato, peeled and cut into ¾-in. chunks
- 1 teaspoon kosher salt, divided
- 1 large shallot, finely chopped (about ¼ cup)
- 1 cup pomegranate juice
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon mustard
- ¼ teaspoon freshly ground black pepper
- 2 cups baby spinach
- 1 medium fennel bulb, halved and thinly sliced, plus chopped fronds for serving
- ½ cup crumbled feta cheese (about 2 oz.)



Prep Time:  
25 MINS

Total Time:  
45 MINS

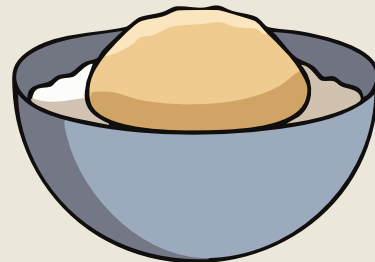
Servings:  
4 ppl



1. Bring a large pot of water to a boil over high. Stir in farro and bring to a simmer. Reduce heat to medium-low; cook, uncovered, stirring occasionally, until tender, about 20 minutes. Drain and place in a large bowl.
2. Heat 1 tablespoon oil in a large skillet over medium. Add sweet potato, ¼ cup water, and ¼ teaspoon salt; cover and steam for 5 minutes. Uncover and continue to cook, stirring occasionally, until water evaporates and sweet potato is tender and browned, 10 to 12 minutes. Transfer to bowl with farro.
3. Heat 1 tablespoon oil in same skillet over medium. Add shallot and cook, stirring often, until softened, 3 to 4 minutes. Add pomegranate juice; cook, stirring occasionally, until reduced to ½ cup, 8 to 10 minutes. Whisk in vinegar, mustard, pepper, and remaining ¾ teaspoon salt. Remove from heat and gradually whisk remaining ¼ cup oil into dressing.
4. Add ¾ cup dressing to farro mixture and toss to coat. Add spinach and fennel; toss gently. Divide among 4 bowls and drizzle with remaining dressing. Top with cheese and garnish with fennel fronds.

## INSTRUCTIONS

# Make Your Own PASTA



Prep Time:  
25 MINS

Cook Time:  
2 MINS

Resting Time:  
30 MINS

Total Time:  
26 MINS

## INGREDIENTS

- 3/4 cup (6floz/170ml) water, ( you might need a little more)
- 2 tablespoons olive oil
- 3 cups (15oz/ 426g) all-purpose flour

## INSTRUCTIONS

1. In a small jug, whisk together the water and the olive oil, set aside.
2. On a large, flat surface place the flour in a mound. Make a well in the center of the flour.
3. Slowly add some of the water and mix into the center of the flour. Using a light hand, gently bring the flour into the center of the well using your fingertips.

4. Keep adding more water and incorporating the flour until all the flour has been absorbed. This will be a messy process, but it is well worth it!

5. Once the dough starts to form, bring it together with your palms and knead into a smooth dough. This will take roughly 5 minutes. Note: if your dough is on the dry side you can add a little SLASH of water to bring it together.

6. When the dough forms a ball, cover tightly with cling wrap and refrigerate for a minimum of 30 minutes to allow the dough the rest and the gluten to develop. No longer than 18 hours.

7. After resting, remove the dough from the fridge and cut into 4 equal pieces. Set aside and cover with a towel to stop it from drying out.

8. Flour your work surface and rolling pin and roll 1 ball of dough at a time into a large thin sheet. I don't give dimensions for this part as it varies but my one note would be to get it as thin humanly possible. Like paper thin.

9. Once the dough has been rolled out, fold it over itself several times. Cut the roll of pasta into strips roughly 1/4 inch thick depending on what pasta you are making. Then dust some flour over the sliced strips of dough and unravel them to reveal your fresh pasta! Repeat this process with the remaining dough.

10. Set cut pasta aside on a tray and leave out at room temperature to cook off or cover and place in the fridge to be cooked later.

