

Pasta primavera

Ingredients

50g/2oz unsalted butter
1 garlic clove, crushed
200g/7oz asparagus, blanched, cut into bite-sized pieces
150g/5oz fresh peas, podded
100g/3½oz frozen soya beans, defrosted
100g/3½oz baby spinach
450g/1lb cooked tagliolini or tagliatelle (a few tablespoons of cooking water reserved)
1 lemon, juice and zest
large handful fresh spring herbs, including mint, basil, dill and parsley, chopped
salt and freshly ground black pepper

To serve

25g/1oz hazelnuts, toasted and lightly crushed
parmesan shavings, or similar vegetarian hard cheese shavings
olive oil, for drizzling

Method

1. Heat the butter in a pan, add the garlic and fry for one minute.
2. Add the asparagus, peas, soya beans and spinach and stir fry for 1-2 minutes, until the spinach has wilted slightly.
3. Add the pasta and a little of the cooking water to the pan and stir to combine.
4. Stir in the lemon juice and zest and the herbs and season, to taste, with salt and freshly ground black pepper.
5. To serve, divide the pasta among four bowls, sprinkle over the hazelnuts and parmesan shavings and drizzle with olive oil.



Preparation time

less than 30 mins

Cooking time

less than 10 mins

Serves

Serves 4

Dietary

Vegetarian

This healthy pasta dish is brimming with spring vegetables. Use fresh peas if you can get them.

Each serving provides 440kcal, 17g protein, 41g carbohydrate (of which 3g sugars), 21g fat (of which 8g saturates), 8g fibre and 0.1g salt.

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