






Cooking Made Easy

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Lean and Green Summertime Pasta

Did you know that the word green is closely related to the Old English verb growan, "to grow"? Nope? Neither did we, until this recipe inspired us to start digging around. It seems it's not just by coincidence that the word we use to describe the colour of our veggies happens to be linked to nature, grass and other healthy stuff. With a combination of light and healthy ingredients we've created this little dish to give you a quick, delicious nutrition fix that you can have ready in no time at all. Envious by anyone's standards...



20 min



veggie



Purple Sprouting Broccoli



Courgette



Sugar Snap Peas



Basil



Penne



Crème Fraîche



Hard Italian Cheese



Lemon

Ingredients

	2P	4P
Purple Sprouting Broccoli	1 cup	2 cups
Courgette, diced	1½ cups	3 cups
Sugar Snap Peas, halved	½ cup	1 cup
Basil, torn	4 tbsp	½ cup
Penne 1	220g	440g
Crème Fraîche 2	4 tbsp	⅔ cup
Hard Italian Cheese, grated 2	2 tbsp	4 tbsp
Lemon	½	1

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | 2) Milk

Nutrition per serving: Calories: 597 kcal | Protein: 23 g | Carbs: 82 g | Fat: 19 g | Saturated Fat: 15 g



1 Put a large pan of water on the hob with a ¼ tsp of salt and bring it to the boil for your pasta.

2 Remove any leaves from your broccoli and cut off ½cm from the end of the stalk. Chop your broccoli in half widthways. Chop the very top and bottom from your courgette before dicing into roughly 1cm chunks. Finally halve the sugar snap peas and tear up the basil.

3 Put your pasta into the boiling water for around 10 mins, or until 'al dente' (i.e. there is just a hint of firmness left in the middle). 3 mins before it is cooked you should add the broccoli and sugar snap peas. Don't worry: we'll remind you again later ;-)

4 Heat up ½ tbsp of olive oil in a pan on high heat and fry off the courgette in batches with a pinch of salt and pepper. By cooking in batches you can brown off the vegetables rather than stew them, giving them a much nicer texture.

5 Add 2 tbsp of the pasta water to the pan with the courgettes, together with 4 tbsp of crème

fraîche and three quarters of the grated Italian cheese. Zest your lemon and keep it to the side. Add a tsp of squeezed lemon juice to the pan. **Tip:** *Just cut the lemon in half and give it a good squeeze. No need to be too exact.*

6 Here's that reminder: 3 mins before the pasta is ready add the sugar snap peas and the broccoli into the same pan of water.

7 Drain the pasta and the vegetables when they are ready. Add them straight into the pan with the courgettes and the crème fraîche. Add three quarters of the torn basil.

8 Serve your pasta with a sprinkle of the remaining cheese, basil and a bit of grated lemon zest (but none of the bitter white part). And if anyone asks where you got the recipe? Say Mother Nature told you so.



Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!