

### **PASTA PRIMAVERA**

with Asparagus and Mangetout





#### **HELLO ASPARAGUS**

It takes three years for an asparagus spear to be ready for harvest.



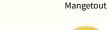


Wheat Penne Pasta













Crème Fraîche



Italian Style Grated Hard Ćheese

Hands on: 25 mins Total: 25 mins



Family Box





In Italian, 'primavera' means spring, so pasta primavera is essentially pasta brimming with lovely fresh, spring veggies. In this recipe, our chefs have mixed asparagus and mangetout in with the pasta for a dish with a crunchy texture and delicious, creamy taste. To create the pasta sauce, pan-fry the chopped leeks in butter to coax out the delicate and sweet flavour they have when cooked. Add the crème fraîche for a creamy, garlicky sauce that works great with the crunchier, earthy greens. Sprinkle some lemon zest to give it a kick of flavour and top with Italian-style grated cheese for the perfect midweek treat.

# START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Fine Grater, Large Saucepan, Colander and Large Frying Pan. Now, let's get cooking!



The root and the dark green leafy part from the leek. Halve lengthways then thinly slice widthways. Zest and halve the lemon. Peel and grate the garlic (or use a garlic press). Finely chop the chives. Pick the mint leaves from their stalks and roughly chop (discard the stalks).



2 COOK THE WHEAT PASTA

Bring a large saucepan of water with a large pinch of salt to the boil. Once boiling add the wheat penne pasta and cook for 12 min.



After the wheat pasta has been boiling for 10 mins, add the asparagus and mangetout to the boiling water, bring back to the boil and simmer for 2 more mins, then drain in a colander. Drizzle over a little oil and return to the saucepan off the heat.



A START THE SAUCE
Meanwhile, heat a drizzle of oil (and a knob of butter if you have some) in a large frying pan over medium-high heat. Once hot, add the leek and cook until soft stirring occasionally, 4-5 mins.



5 Once the leek is soft, stir in the garlic and mint and cook for 1 minute. Add the crème fraîche and the water (see ingredients for amount) to the frying pan. Stir well to combine, bring to the boil then remove from the heat. Stir in the lemon zest, chives and half the Italian style grated hard cheese. Season to taste with a squeeze of lemon juice, a pinch of salt and lots of pepper.



Tip the sauce into the pan with the wheat pasta, asparagus and mangetout. Gently mix together until the wheat penne is completely coated, add a splash of water if the sauce is a bit thick. Taste and add more salt and pepper if you feel it needs it. Serve in large bowls and sprinkle over the remaining cheese. Enjoy!

## INGREDIENTS

In order of use

	2P	3P	4P
Asparagus *	1 small	1 large	2 small
	pack	pack	packs
Mangetout *	1 small	1 large	1 large
	pack	pack	pack
₋eek <del>∦</del>	1	1½	2
_emon <b>∗</b>	1	1	2
Garlic Clove 🏶	1	2	2
Chives *	1 bunch	1 bunch	1 bunch
Mint <del>*</del>	½ bunch	¾ bunch	1 bunch
Penne Pasta 13)	200g	300g	400g
Crème Fraîche 7) 🏶	75g	100g	150g
Nater*	3 tbsp	5 tbsp	6 tbsp
talian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

\*Not Included \* Store in the Fridge

NUTRITION FOR JNCOOKED INGREDIENT	PER SERVING 459G	PER 100G
Energy (kJ/kcal)	2646 /633	576 /138
Fat (g)	23	5
Sat. Fat (g)	11	2
Carbohydrate (g)	85	19
Sugars (g)	12	3
Protein (g)	28	6
Salt (g)	0.53	0.11

Nutrition for uncooked ingredients based on 2 person recipe

7) Milk 8) Egg 13) Gluten

Wheat Penne Pasta. Ingredients: Durum wheat semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

(a) Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

#### THUMBS UP OR THUMBS DOWN?

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