



PASTA PRIMAVERA

with Asparagus and Mangetout



HELLO ASPARAGUS

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



Wheat Penne Pasta



Asparagus



Leek



Mangetout



Garlic Clove



Lemon



Crème Fraîche



Chives



Mint



Italian Style Grated Hard Cheese

MEAL BAG



Hands on: **25** mins
Total: **25** mins



Family Box



3 of your
5 a day



Veggie

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.

12

BEFORE YOU 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!



1 GET PREPPED

Chop the woody ends off the **asparagus** and discard. Cut the **asparagus** into thirds. Cut the **mangetout** in half widthways. Trim 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.



3 ADD THE GREENS

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.



4 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 FINISH THE SAUCE

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**.



6 COMBINE AND SERVE

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!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|--|--------------|--------------|---------------|
| Asparagus * | 1 small pack | 1 large pack | 2 small packs |
| Mangetout * | 1 small pack | 1 large pack | 1 large pack |
| Leek * | 1 | 1½ | 2 |
| Lemon * | 1 | 1 | 2 |
| Garlic Clove * | 1 | 2 | 2 |
| Chives * | 1 bunch | 1 bunch | 1 bunch |
| Mint * | ½ bunch | ¾ bunch | 1 bunch |
| Penne Pasta 13) | 200g | 300g | 400g |
| Crème Fraîche 7) * | 75g | 100g | 150g |
| Water* | 3 tbsp | 5 tbsp | 6 tbsp |
| Italian Style Grated Hard Cheese 7) 8) * | 1 pack | 1½ packs | 2 packs |

*Not Included * Store in the Fridge

| NUTRITION FOR UNCOOKED 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.

ALLERGENS

7) Milk 8) Egg 13) Gluten

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

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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