



PASTA PRIMAVERA (SPRING PASTA)

Season:	Spring
From the garden:	Leeks, broad beans, snowpeas, kale, spinach, parsley, lemon
Type:	Dinner
Difficulty:	Moderate
Country of origin:	Italy
Serves:	6 serves or 30 tastes
Source:	seriouseats.com

Equipment

- *chopping board and knife**
- *saucepan**
- *frying pan and wooden spoon**
- *measuring cups and spoons**
- *citrus juicer and zester**
- *large cooking pot**
- *colander**

Ingredients

- *800 g of mixed spring vegetables**
- *2 tbsp sunflower seeds**
- *2 cloves garlic**
- *1 lemon**
- * $\frac{1}{3}$ cup sour cream**
- *handful of fresh parsley**
- * $\frac{3}{4}$ cup grated cheese**
- *500 g dried pasta**
- *1 tsp salt, pepper to taste**
- *oil for frying**

Method

- 1.wash all the vegetables**
- 2.chop the leeks finely and slice the snow peas**
- 3.remove any tough stalks from the kale and spinach and slice finely**
- 4.remove the broad beans from their shell and pop them into boiling water**

- 5.cook the beans for a few minutes, then drain and cool them under cold water**
- 6.remove the bread bean skins**
- 7.peel and chop garlic finely**
- 8.zest and juice the lemen**
- 9.grate cheese and chop parsley**
- 10.fry all the sliced vegetables (except broad beans), the sunflower seeds and the garlic with a little oil over medium heat until vegetables are slightly softened**
- 11.cook pasta in plenty of salted water until al dente**
- 12.drain the pasta and add it back into the cooking pot**
- 13.add the vegetables, sour cream, lemon juice and zest, pepper, parsley and cheese and give it a good mix**

Notes: Frozen peas and fresh basil would work well in this recipe. For a dairy free version, leave out the cream and cheese and use a bit of the pasta cooking water to mix with the veggies.

Skills: *measuring, chopping, slicing, shelling beans, frying*