Creamy pea pasta

Preparation time

10 minutes

Cooking time

10 minutes

Serves

4

Recipe courtesy of

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Ingredients Method Nutrition

3 tbsp extra virgin olive oil

3 garlic cloves

2 cups frozen peas (280g), defrosted

1/4 cup fresh basil

1/2 cup cooking water

2 tbsp lemon juice

Salt and black pepper, to season

400g short dried pasta (I used orecchiette)

1/2 cup grated parmesan or pecorino cheese

1 tsp lemon zest

1. Bring a pot of salted water to boil and cook pasta until al dente.
2. Add olive oil to a medium saucepan and cook garlic for 2-3 minutes, or until soft, but still blonde.
3. To a blender, add garlic and oil, 1.5 cups of the defrosted peas, basil, lemon juice, salt, black pepper and 1/2 cup of pasta water. Blend until smooth and creamy.
4. Return sauce to the pan and add the cooked pasta. Stir until well-coated, adding more pasta water if needed. Add the grated cheese, remaining peas and lemon zest. Stir again, then serve!

Nutritional information is provided per serve

Engery	2536kJ (606 calories)
Protein	22g
Saturated Fat	5g
Total Fat	20g
Carbohydrates	77g
Sugars	7g
Dietary Fibre	8g
Sodium	210mg