



CREAMY ONE- POT PEA PASTA WITH MINT



VEGETARIAN

DIFFICULTY: EASY

TIME: 20-30 MINUTES

SERVES: 6-8

This simple pasta is fresh and serves as the perfect dish for a Spring lunch! Peas contain high concentrations of dietary fiber, protein, vitamins A, C, E and K. They are great for digestion and are rich in phytonutrients!

METHOD

Cook your pasta in a large pot of boiling salted water with some olive oil to prevent sticking, cook until just tender but still firm to bite. Do not overcook. Drain the cooked pasta and keep 1/2 cup of the pasta water. Return the pasta to the pot.

In the meantime, bring your cream to a simmer in a large pan over a medium-high heat. Add peas and simmer just until heated through, about 1 to 2 minutes. Add 2 cups of Parmesan cheese (keeping the rest for serving) and stir until melted and the sauce thickens slightly, this should take roughly 1 minute. Stir in the mint and half of your parsley. Pour sauce over pasta and toss to coat, adding pasta cooking liquid by tablespoonfuls if dry. Season to taste with salt and pepper. Transfer to bowls. Sprinkle with the remaining parsley.

INGREDIENTS

- 500 grams large shell pasta (or pasta of choice. Bowtie pasta also works well!)
- 1 1/4 cups heavy whipping cream
- 500 grams package frozen baby peas (do not thaw)
- 2 1/2 cups freshly grated Parmesan cheese plus additional for serving
- 1/4 cup chopped fresh mint
- 1/2 cup chopped fresh Italian parsley