

## Refreshing Pasta with Peas, Pancetta and Mint

Fred Astaire and Ginger Rogers, Batman and Robin, Bert and Ernie. Some things were born to go better together. There are certain culinary marriages that endure the slings and arrows of foodie fashion and this dish is a testament to one such union. Marrying a time-honoured mixture of fresh peas, mint and pancetta this recipe spins a classic combination into a light, summery ensemble. It's quick to make and perfect with a glass of something cold and bubbly.



20 mins



eat within 2 days



Mint (½ tbsp)



Garlic Clove (2)



Penne (200g)



Pine Nuts (25g)



Pancetta (1 pack)



Peas (1 cup)



Crème Fraîche (1 pot)



Vegetable Stock Pot



Parmesan Cheese (2 tbsp)

## **2 PEOPLE INGREDIENTS**

| • | M | int, | chopped |  |
|---|---|------|---------|--|
|---|---|------|---------|--|

| <ul> <li>Garlic Clove, choppe</li> </ul> |
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|--|

Penne

Pine Nuts

Pancetta

½ tbsp 200g

25g

1 pack

Peas

Crème Fraîche

Vegetable Stock Pot ½

 Parmesan Cheese 2 tbsp

Our fruit and veggies may need a little wash before cooking!

## Did you know...

Peas found by archaeologists on the Thai-Burmese border have been carbon dated to 9,750 BC. That is seriously old!

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder Carrot, Parsley, Ground Turmeric, Ground White Pepper.

Allergens: Gluten, Mustard, Milk, Celery, Sulphites.

| Nutrition as per prepare | d and listed ingredients - |
|--------------------------|----------------------------|
|--------------------------|----------------------------|

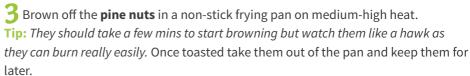
|             | Energy             |      |      |      |     |      |     |
|-------------|--------------------|------|------|------|-----|------|-----|
| Per serving | 889 kcal / 3723 kJ | 47 g | 26 g | 84 g | 7 g | 31 g | 2 g |
|             | 209 kcal / 877 kJ  |      |      |      |     |      |     |



Bring a large pot of water to the boil. Roughly chop the **mint** leaves. Place the flat side of a large knife on the **garlic** and press down firmly. Peel off the skin and finely chop.

1 pot

Cook the penne in the boiling water for 10 mins with a pinch of salt. Tip: Reserve some of the pasta water before you drain it, you might need it later on!





4 Heat a small splash of **olive oil** in the same pan on medium-high heat. Cook the pancetta until it goes crispy around the edges.

Add in the **peas** and continue to cook for 5 mins. Add in your **garlic** and fry for a further minute.



O Now add a splash of water from your pasta to the pan with your peas and pancetta. Cook for 1 minute before stirring in the crème fraîche together with the vegetable stock pot and a few good grinds of black pepper.

By now your **pasta** should be ready. Drain it and mix into your **sauce** together with your chopped **mint**.

Plate up your **pasta**, grate the **parmesan** over the top and sprinkle over your pine nuts. Tuck in and enjoy!

