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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 (½)



Parmesan Cheese (2 tbsp)

2 PEOPLE INGREDIENTS

- Mint, chopped
- Garlic Clove, chopped
- Penne
- Pine Nuts
- Pancetta

½ **tblsp**
2
200g
25g
1 pack

- Peas
 - Crème Fraîche
 - Vegetable Stock Pot
 - Parmesan Cheese
- 1 cup**
1 pot
½
2 tblsp

🌱 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!

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

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	889 kcal / 3723 kJ	47 g	26 g	84 g	7 g	31 g	2 g
Per 100g	209 kcal / 877 kJ	11 g	6 g	20 g	2 g	7 g	0 g

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.



1 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.



2 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!



3 Brown off the **pine nuts** in a non-stick frying pan on medium-high heat.

Tip: They should take a few mins to start browning but watch them like a hawk as they can burn really easily. Once toasted take them out of the pan and keep them for later.



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.

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

6 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**.

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

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!