

Spring Vegetable Pasta/Pasta Primavera

500g bag pasta shapes (penne/rigatoni/fusilli etc)

Salt to taste

Olive oil - splash

1 onion

25g butter

2 cloves garlic

1 tsp mixed dried Italian herbs

Mixture of the following vegetables – broad beans, peas, asparagus, courgettes, soya beans, baby spinach leaves, mangetout or sugarsnap peas, broccoli, green pepper, green beans, button mushrooms, young leeks, etc Choose your favourite 3 or 4

Salt & pepper to taste

1 small glass dry white wine or cinzano

1 small tub marscapone cheese

1 lemon, zest and juice

Handful of garden herbs to include dill and parsley with mint or basil

Parmesan or pecorino and pinenuts to serve

- 1 Prepare all vegetables in advance and cut into bite size chunks
- 2 Put the pasta in a large saucepan of boiling water along with salt and a splash of olive oil, cook until al-dente
- 3 Meanwhile fry the onion in the butter in wok or large pan, add the garlic and dried herbs, leave to soften
- 4 Add the vegetables of your choice, cook and stir until softened
- 5 Moving vegetables to one side, add wine, leave to cook a few minutes, then add marscapone and lemon zest, cook until cheese melted and then toss all vegetables together
- 6 Add lemon, freshly chopped herbs and finally cooked and drained pasta
- 7 Serve with parmesan or pecorino and scatter pine nuts on top