

BROAD BEANS WITH LEMON PASTA

INGREDIENTS

400 g dried pasta (small shapes are better than ribbons or spaghetti)
1 tblsp olive oil
2 garlic cloves, crushed
60ml (1/4 cup) lemon juice
1 tblsp finely grated lemon rind
½ cup cream
Salt and pepper
3 cups frozen broad beans, defrosted
1 cup finely grated parmesan
1 cup fresh parsley leaves

METHOD

Cook the pasta until al dente, then drain and set aside, reserving 1 cup of the cooking liquid

Heat the olive oil in a large pan over medium heat. Add garlic and cook for 1 minute

Add lemon juice and rind, cream, reserved water, salt and pepper, and bring to the boil. Cook for 2 – 3 minutes. May thicken slightly – this is fine.

Add the beans and pasta and cook, stirring, for a further 1 minute or until the beans and pasta are heated through. Remove from heat and stir through the parmesan and parsley.



EXTRA'S & TIPS

Substitute parsley for basil, or add basil and have both, they will go well together in this.

For maybe the first time in all our recipes - DON'T use chilli. It will kill the dish



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