

recipe. Penne primavera

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RECIPES

Information

Recipe from: All Recipes co uk
Language: English
Persons: 4
Preparation time: 30 mins
Nutrition: Unkown
Tags: Fast Pasta

Recipe

Cook the pasta in boiling water for 10-12 minutes, or according to the packet instructions, until al dente. Drain well.

While the pasta is cooking, cut the asparagus into 3.5 cm (1½ in) lengths, keeping the tips separate. Drop the pieces of asparagus stalk, the green beans and peas into a saucepan of boiling water. Bring back to the boil and cook for 5 minutes. Add the asparagus tips and cook for a further 2 minutes. Drain thoroughly.

Heat the oil in a saucepan. Add the onion and cook for 3-4 minutes or until softened. Add the garlic, pancetta and mushrooms, and continue to cook, stirring occasionally, for a further 2 minutes.

Stir in the flour, then gradually pour in the wine and bring to the boil, stirring. Simmer until the sauce is thickened. Stir in the cream and herbs with seasoning to taste. Add the vegetables to the sauce and heat gently for 1-2 minutes, without boiling.

Divide the pasta among 4 serving bowls and spoon the sauce over the top. Serve immediately.

Ingredients

- 340 g (12 oz) penne or other pasta shapes
- 170 g (6 oz) young asparagus
- 170 g (6 oz) green beans, trimmed and cut into 3 cm (1¼ in) lengths
- 170 g (6 oz) shelled fresh peas
- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 1 garlic clove, chopped
- 85 g (3 oz) pancetta, chopped
- 115 g (4 oz) button mushrooms, chopped
- 1 tbsp plain flour
- 240 ml (8 fl oz) dry white wine
- 4 tbsp single cream
- 2 tbsp chopped mixed fresh herbs, such as parsley and thyme
- salt and pepper