

Broad Bean Pasta

Serves: 32 tastings



From the garden: Broad bean, onion & mint

Equipment:

- Wooden spoon x 2
- Small saucepan x 1
- Small stockpot x 1
- Small frying pan x 1
- Chopping boards and knives
- Measuring cups
- Measuring spoons
- Colander
- Juicer x 1
- Grater x 1
- Serving bowls x 5
- Serving spoons x 5

Ingredients:

- 1 x 500g pack of pasta
- Hot water from kettle for cooking pasta
- 1 teaspoon salt
- 4 cups (1 packet) of frozen broad beans
- 100g butter
- 3 tablespoons olive oil
- 2 onions (finely chopped)
- 1 tablespoon white wine vinegar
- 1 teaspoon sugar
- 1 teaspoon salt or to taste
- 10 grinds of pepper
- 1 tablespoon mint leaves (finely chopped)
- ½ lemon (zest & juice)
- ½ cup parmesan cheese

Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. In a small stockpot, cover pasta with hot water from the kettle, add salt and boil until tender, about 18 minutes. Drain and place pasta back into the stockpot.
3. Boil the broad beans in a small saucepan filled with hot water from kettle for 6 minutes or until tender.
4. Drain and peel the skin off the cooked beans. Set aside.
5. Melt butter and olive oil in a small frying pan over medium heat, add onions and sauté until softened. Remove from heat.
6. Add vinegar, sugar, salt and pepper into the onion. Stir until sugar is melted.
7. Toss together cooked pasta, broad beans, onion mixture, mint, lemon zest, lemon juice and cheese.
8. Serve into 5 large serving bowls with a serving spoon in each.