



Creamy Lemon Tagliatelle

with Spinach, Peas and Walnuts



20-30min



2 Portions

For your health, budget and the environment, it's a good idea to eat meat free a few times a week, and this super-tasty vego pasta dish ticks all those boxes and more. Singing with bold flavours and textures, each mouthful features zing from lemon, crunch from toasted walnuts and a kick of spice from chilli.

What we send

- 6,7
- 7
- 1
- 15
-

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- olive oil
- sea salt and pepper

Utensils

- fine grater
- large frypan
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If preferred, omit the chilli and serve scatted over at the end for those who like a kick of chilli.

Allergens

Gluten (1), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 870kcal, Fat 45.7g, Carbs 76.8g, Proteins 31.5g



1. Prepare ingredients

Read through the recipe. Bring a medium saucepan of salted water to the boil for the pasta. Crush or finely chop the **garlic**. Finely grate the zest of **half the lemon**, then juice the half**. Finely grate the **parmesan**. Finely chop the **chilli**, discarding the seeds if less heat is desired. Coarsely chop the **walnuts**.



2. Cook pasta

Cook **three quarters of the pasta**** in the pan of boiling water for 7-9 mins or until al dente. Reserve **60ml (¼ cup) pasta cooking water**, then drain.



3. Toast walnuts

Meanwhile, put the **walnuts** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan and set aside. Reserve the pan.



4. Prepare sauce

Combine **half the cream****, **lemon zest**, **1 tbs lemon juice** and **three quarters of the parmesan** in a bowl. Crumble in **1 stock cube**** and season with **pepper**, then stir to combine.



5. Start sauce

Heat **1 tbs olive oil** in the reserved frypan over medium-low heat and cook the **garlic** and **chilli** (see cooking tip) for 30 secs or until lightly golden. Increase the heat to medium. Add the **cream mixture** and **reserved pasta cooking water** and bring to a simmer.



6. Get ready to serve

Add the **spinach** and **peas** to the cream mixture, then cover and cook for 2 mins or until the spinach is wilted. Add the **pasta** to the pan and toss to combine. Taste, then season with **salt and pepper**. Divide the **pasta** among bowls and scatter over the **walnuts** and **remaining parmesan** to serve.