

Healthy Pasta Primavera



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

400g penne pasta or tagliatelle

4 eggs

2 tablespoons olive oil

1 red onion, diced

2 bunches asparagus, trimmed, cut into 5cm pieces 150g snow peas, trimmed

½ cup frozen peas, thawed

½ cup light sour cream

1 cup finely grated pecorino

¼ cup dill sprigs, finely chopped

Method

1. Cook pasta in a large saucepan of boiling water as per packet instructions until tender. Drain and return to pan. Cover to keep warm.
2. Meanwhile, bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs.
3. Heat oil in a frying pan over a medium heat. Add onion and cook for 4 minutes or until softened. Add asparagus, sugar snaps and peas. Toss until combined. Add 2 tablespoons of water, cover and cook for 2 minutes. Add mixture to pasta with sour cream, three-quarters of the pecorino and three-quarters of the dill. Toss until well combined.
4. Spoon pasta onto serving plates. Top each with a poached egg, remaining pecorino and dill.