


Quick Egg Pasta Primavera

Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★☆

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Categories:

Pantry and Fridge
Dinner Recipes, Quick & Easy, Staples,
Vegetarian

Lunch Recipes,



Ingredients

- 400g spiral pasta
- 1 bunch broccolini, sliced
- 1 cup frozen peas
- 4 eggs, beaten
- 2 tsp finely grated lemon rind
- 50g baby English spinach leaves
- 1/4 cup grated Parmesan

Method

1. Cook the pasta in a large pan of boiling water until tender. Meanwhile, place the broccolini into a heatproof bowl and cover with boiling water. Stand for 3 minutes, then drain. Blanch the peas in another bowl of boiling water.
2. Drain the pasta and return to the pan. Add the combined eggs and lemon rind, and stir so the hot pasta cooks the eggs. Add the spinach leaves, broccolini and peas; toss to combine and wilt the spinach.
3. Serve in shallow pasta bowls, sprinkled with Parmesan and freshly ground black pepper.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
246g	2020kJ 483kcal	25.3g	7.8g	2.7g	72.8g	2.4g
Sodium	Fibre	Vitamin D				
185mg	7.1g	2.6µg				

All nutrition values are per serve.