

# Quick Egg Pasta Primavera



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★☆

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Categories: Quick & Easy, Pantry and Fridge Staples, Dinner Recipes, Lunch Recipes, Vegetarian



## 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.

## Notes

This recipe has been endorsed by leading not-for-profit, [Hearts4Heart](#).



## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>246g</b>	<b>2020kJ</b> <b>483kcal</b>	<b>25.3g</b>	<b>7.8g</b>	<b>2.7g</b>	<b>72.8g</b>	<b>2.4g</b>	<b>185mg</b>	<b>7.1g</b>

Vitamin D  
**2.6µg**

All nutrition values are per serve.