

Pasta Primavera with Asparagus

25 minutes

Based on recipe by Melissa Clark

Ingredients (serves four)

2 tbsp unsalted butter
200 g sugar snap peas
1/4 cup thinly sliced spring onion (white only)
2 clove garlic
500 g fettucine
1/2 cup of grated Parmigiano-Reggiano
1/2 cup of greek yogurt or creme fraiche
2-3 tbsp finely chopped parsley
1 tbsp of finely chopped tarragon



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Allow yogurt and parmigiano to come to room temperature.
2. Bring a large pot of salted (1- 2 tbsp salt) water to boil.
3. Slice the asparagus and snap peas diagonally into 1/2 inch pieces, leaving the tips of the asparagus whole. Thinly slice green onions, white parts only. Mince or grate garlic.
4. Melt butter in a skillet over medium-high heat and add asparagus, snap peas, and onions. Cook for 3 minutes. Stir in garlic and cook for another minute. Set aside. (For vegan version use olive oil in place of butter).
5. Drop pasta into boiling water and cook according to package. Drain. Transfer to a large bowl and toss with vegetables, yogurt, and parmigiano-reggiano, and herbs. Season with salt and pepper.
6. Enjoy!