



Spring Pea, Fresh Herb &
ASPARAGUS FARFALLE PASTA

prep time: 10 mins | cook time: 20 mins | cook time: 30 mins

ingredients:

2 cups fresh or unthawed frozen peas
1 bunch of asparagus
4 cups of farfalle pasta
1/4-1 cup grated parmesan to taste, plus more for garnish
1/4 cup olive oil
2 tablespoons of each chopped; fresh mint, flat leaf parsley, thyme and cilantro
salt & pepper to taste
red pepper flakes (optional)

instructions

begin heating a large pot of salted water for the pasta.

meanwhile, if using fresh peas steam the peas over an inch of boiling water or in a steamer for 3-4 minutes, until just tender. if using frozen peas make sure the peas are completely thawed, no need to steam. transfer to a bowl and set aside.

grill asparagus just lightly to achieve grill marks and add a smoked flavor. cut, and add to the pea bowl. chop herbs, and add to the bowl.

when the water in the pot comes to a boil add the pasta and cook to desired consistency. i prefer cooking pasta al dente. once pasta is cooked drain the pasta and toss at once with the olive oil, vegetables, herbs and parmesan.

add salt, pepper, and red pepper flakes if desired. serve hot or cold. bring salted water to a boil and cook farfalle pasta to desired consistency. chop herbs finely and set aside.

notes

if serving the pasta cold, or room temperature, wait until the pasta has completely cooled to toss all the ingredients together.